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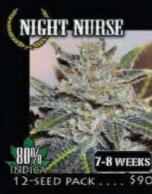
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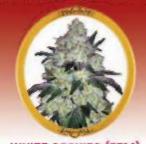








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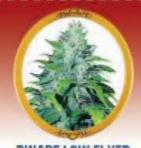
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When we started in 2009, our total revenue was about \$200,000. We lost money, but we've been growing ever since. Last year, we did close to \$18 million in sales; we've been pretty close to doubling every year.

-Andy Williams from "The Booming Business of Bud", page 89

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- Pix of the Crop **Next Month** The Pot 40

45 The High Times Interview: Tanner Hall

Freeskiing legend and X Games star Tanner Hall gets real about the power of pot, especially as he experienced it on the road to recovery after several gruesome ski injuries and the addiction to painkillers that followed. By Mary Jane Gibson

54 High Places

With legalization slowly taking hold in the United States and elsewhere, tourists are seeking out potfriendly locales. Check out our ultimate bucket list of the best destinations for bud-loving travelers. By Russ Belville

59 Light Deprivation

Learn how to manipulate your greenhouse plants into flowering whenever you want them to in order to avoid law enforcement and rippers as well as late-season cold and humidity. Mastering the art and science of "light-dep" techniques can improve and expand harvests. By Richard Edward

69 The Strongest Strains on Earth

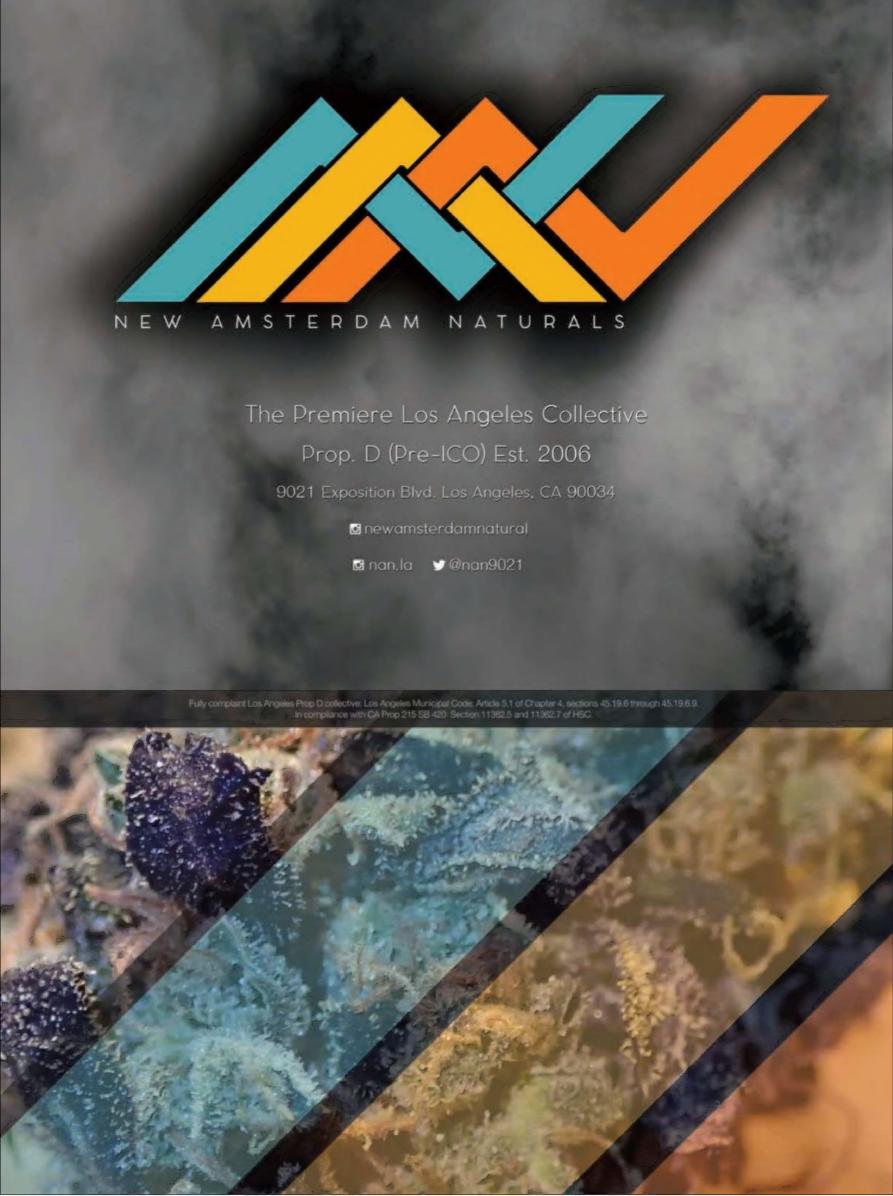
How high can THC levels climb? It appears the end is nowhere in sight. See where your favorite strains rank when it comes to medicating with cannabis. By Nico Escondido

89 The Booming Business of Bud

It's been two full years since Colorado implemented a retail system for recreational pot, and sales are off the charts. We check in with a few of Colorado's ganjapreneurs and discover that, whether they're focused solely on commerce in the Rocky Mountain State or expanding into others on the cusp of legalization, cannabusiness is booming. By Dan Skye

99 Inland Empire: The Force Awakened

The 2016 High Times Cannabis Cup tour kicked off in San Bernardino, California, with a five-day expo held over two consecutive weekends-our biggest Medical Cup yet! By Mary Jane Gibson



HIGH TIMES COM

Find all this and more at hightimes.com.

Twitter Loves Weed

70 Percent of Tweets About Cannabis Are Positive

It seems like Twitter can't get enough of the green. A recent study published in the peer-reviewed *Cyberpsychology, Behavior, and Social Networking* has uncovered some interesting information regarding attitudes towards cannabis on Twitter. It appears that 70 percent of cannabis-related content on Twitter shows our favorite herb in a positive light, while only 5 percent of tweets expressed a negative tone.

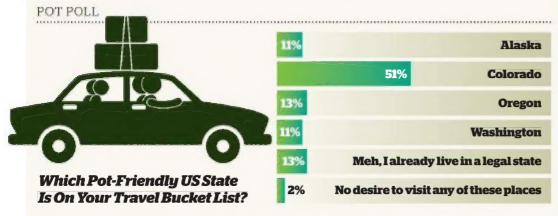
Not surprisingly, researchers that dredged and analyzed the content also found that attitudes changed after the 2012 elections that legalized cannabis in two states. From 2012 to 2013 more tweets described potential benefits of medical cannabis and noted that cannabis is less harmful than other drugs. Read all about the study and how researchers were able to sift through Twitter to determine whether any given tweet represented a positive or negative attitude towards cannabis on hightimes.com.



How Much Do You Pay for Pot?

Every month, we take a look at the costs of marijuana throughout the U.S. and give you an in-depth market analysis, along with our Trans High Market Quotations, breaking down pot prices by individual state and strain.

Want to help out? Then let us know what you're smoking! Submit your strain information, including price per ounce and location (city and state), to *thmq@hightimes. com* or tweet @HIGH_TIMES_Mag using #THMQ. Bonus points if you include a quote about your submission!



For most of us who can't buy weed at a cash register, the idea of cannabis tourism is exceptionally appealing—legal dispensaries with all the choices you can imagine, no shady deals, no police paranoia. But for years, the only way to turn that dream into a reality was by taking a trip overseas to Amsterdam. Colorado changed that in 2012 by legalizing marijuana use for anyone over the age of 21, and soon after, more states joined the game.

This left us wondering: Which 420-friendly state has the most allure for travelers? Four U.S. states—Alaska, Colorado, Oregon and Washington—all have fully operational recreational pot markets and their own unique attractions, but with over 1,000 responses, voters made it clear that they're looking for an authentic Rocky Mountain High when they travel. With 51 percent, Colorado won by a landslide. Trailing drastically behind, Oregon barely squeaked by into second place, while Alaska and Washington brought up the rear with a tie.

Cast your vote in our latest poll online!



We Want To Hear From You!

Tweet your best high observations and comments our way @HIGH_TIMES_Mag for a chance to be featured on this page!

And make sure to follow us on Facebook/HIGHTIMESMag and on Instagram (@hightimesmagazine) for all the latest news as it's happening!

@xtineeyxpink - You can't buy #hapiness but you can buy #WEED and that's pretty much the same thing @HIGH_TIMES_Mag @ iloveweeddaily

@zackennedy_zac - @HIGH_TIMES_Mag Weed makes even the most boring sport exciting. I once watched curling for 4 hours! Then I came down and thought... WTF!

@MelGibsonsRage - @HIGH_TIMES_Mag lets make 4/20/16 the day where marijuana users come out. Too many successful stoners to justify federal prohibition

@Timmy31029267 - @HIGHTIMES_Mag worked 12 hours today, smoked 5 times, it's a motivator, getting shit done with a smile on my face

@FasterTrader - @HIGH_TIMES_Mag By experience I found the best way to keep pot fresh is by storing it in my lungs

@777isJESUS - @HIGH_TIMES_Mag Eliminate the unfair #marijuana #laws, and with the stroke of a pen I and millions of others will no longer be "#criminals"

@Necron006 - @HIGH_TIMES_Mag I lost 3 stone (49 lbs) from simply smoking and then walking when I got the munchies, burns hella fat

@yxngkinney - @HIGH_TIMES_Mag has better articles than Playboy. I could read them all day

@xDOWNSOUTHx - @HIGH_TIMES_Mag "JUST SAY NO" to pre-employment drug testing!

@TheRealSamsonS - @HIGH_TIMES_MAG Current #Cannabis regulations are unacceptable. Opposers of #Cannabis have had it their way for 7 decades too long.

@StashMan92 - @HIGH_TIMES_Mag it makes people live longer, happier lives. Legalize for all not just for medicinal purposes

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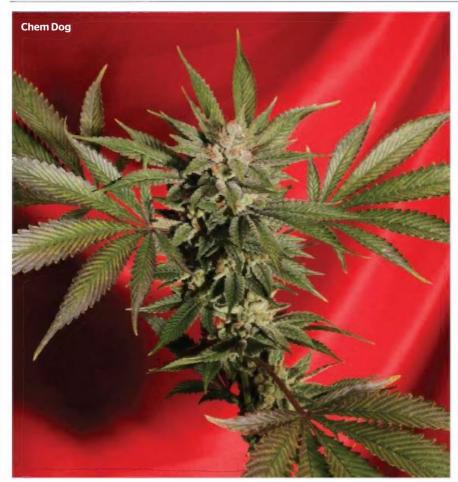
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10 Editor's Letter
High Times June 2016



Power Pot

If you're reading this, you undoubtedly know this issue focuses on our annual "Strongest Strains on Earth" feature—a compilation of the most potent strains entered across our five Cannabis Cup competitions in 2015. What you may not know is that this year we have set some new records when it comes to the THC levels reported by our partner labs!

For years now we have questioned, debated and theorized as to just how high THC levels could climb within a single flower. Obviously a cannabis bud itself cannot reach 100 percent THC, but can it hit 40, or 50—or even 60 percent THC? For the first time ever, we had not one, but two strains cross the 30 percent threshold! And these numbers represent the activated THC value, meaning the amount of THC a smoker actually gets when inhaling. This number is often significantly lower than a layman's interpretation of lab results which simply adds THC-A + THC in an attempt to get the highest THC value possible. Point is, these are conservative numbers and they still hit 30 percent—impressive to say the least!

Also featured this month is our "Top 10 Best Pot Cities" to visit as well as coverage from our first Cannabis Cup of 2016 out in SoCal. Danny Danko also takes us into the increasingly popular world of light deprivation—a cultivation technique widely used in greenhouses to ensure additional harvests each year to help meet the rising demand for cannabis in the growing legal climate.

With issues like this one, packed with premier cannabis content, it's no wonder fine people like yourself continue to buy our great magazine after all these years. From all of us to all of you—thanks very much for your support and remember to keep growing, and help the world grow, too!

Stay high & keep low,

Nico Escondido Editor-At-Large

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Women & Weed

As a woman, I'm disgusted beyond belief at most articles on women and weed. So far you seem to be the most realistic; you actually write more about real cannabis women then the fluff being shoved down our throats by other magazines. Plus, it was really great to see model Brittany Wagoner in "The Stoner Orgasm" (Jan. 2016). I'm so tired of acting like women have to ignore their sexuality to be taken seriously. It's totally okay to be a sexy stoner! Thanks.

Bee Young

I just wanted to say I loved the interview with Margaret Cho (Feb. 2016). She's a fucking riot. I'd love to see more of her. Keep up the great work! I look forward every month to getting High Times.

> AnnaSalem, MA

Sanders Support

Bernie is only candidate to say he will remove marijuana from the federal list of controlled substances. Is High Times going to endorse him? Stats say that 34,000,000 Americans used pot last year. They should be represented. Ouch! Felt the Bern.

Sam

We still got a way to go, but we love Sanders. He's an attractive candidate, especially for cannabis lovers. In a recent online poll on our website he crushed his competitors.

420 Creators?

You probably get a lot of these, but friends of mine are the actual creators of the 420 phenomenon. I've been frustrated by the many erroneous versions I've heard over the years. I would be glad to share the true story with you either through an interview or by writing it myself. I thought it was timely as April 20th approaches. The term originated in New Jersey in the mid '80s and actually began as a musical reference. You can contact me for the rest of the story.

Harris Max Brooklyn, NY

The 420 phenomenon actually took root in the early '70s. It was well-established and gaining momentum by the mid-1980s. If your friends did "create" 420, it was an incredible coincidence.



You probably get a lot of these, but friends of mine are the actual creators of the 420 phenomenon. I've been frustrated by the many erroneous versions I've heard over the years.

The Case of Leonard Peltier

Absolutely shame on you for promoting the fucked up art of Leonard Peltier [featured on the High Times website]. Peltier is truly convicted-confirmed on multiple appeals—disgraced and unsupported by 99 percent of all American Indians. He's a remorseless murderer. Why would you support such a criminal? A homicidal gangster? I have read and supported your magazine for many years. His "charities" are a scam; they do not exist. He is a professional scam artist and huckster, selling a mythology to the uninformed. It is depressing as hell that he suckered you guys into promoting his art trash.

I am an Ojibwe American Indian, like Peltier. We do not support him in any way-ever. It is sad that you are so poorly informed, as his convictions, appeals and evidentiary hearings are all public record. His scam is to take advantage and corrupt the natural tendency many good people have for American Indians. He is not a "good Indian."

Please reconsider. Do not support mad dog killers serving life in prison-for murder. H. Mizhekay Odayin, aka Turtle Heart Taos, NM

nd your letters to Feedback c/o *ligh Times*, 250 West 57th St., Suite 920. New York, NY 10107 If you've been Email: hteditor@ reading High Times hightimes.com

for years, then you must be aware that our support for Leonard Peltier is nothing new. Over the years, we've conducted three full jailhouse interviews with him and will continue to cover his case. Even a cursory look at the facts of the case would lead a logical person to conclude that his case stands as one of the worst miscarriages of justice in US history. The idea that he is "unsupported by 99 percent of all American Indians" is patently absurd. We suggest visiting whoisleonardpeltier.info or watching the excellent documentary In The Spirit of Crazy Horse.

Seeing into the Future

Love the magazine! Keep it Growing! But I need a little help with the Trans High Market Quotations. I receive my February issue in January. How can you guys report on February averages? Am I months behind? Is this a huge conspiracy that High Times and everyone else I know is in on? What am I missing?

> Michael M. Virginia Beach, VA

We don't have any psychics on our staff. It's just the business of publishing magazines. Virtually all publications release issues with dates that haven't been reached yet. But be assured that our market quotations are always the very latest we are able to print.

Scratch'n'Sniff

In your magazines y'all should put scratch-off scents on some types of plants. It would be a lot of help.

Austin York

Our December 2015 issue featured a scratch'n's niff centerfold of Orange Cookies. To do this multiple times in an issue is prohibitively expensive—at least right now. Who knows what future magazine technology will provide?

Lovin' Life

I'm a single, white male age 62 whose mentor is Jack LaLanne. I do one-arm push-ups and I'd love to break Jack's record of 1,000 push-ups in a half-hour. I still drink a couple beers a day, but I've smoked pot for 46 years. I believe that's what keeps me sane! I love my life, my friends and I am a very godly person.

D. Larson





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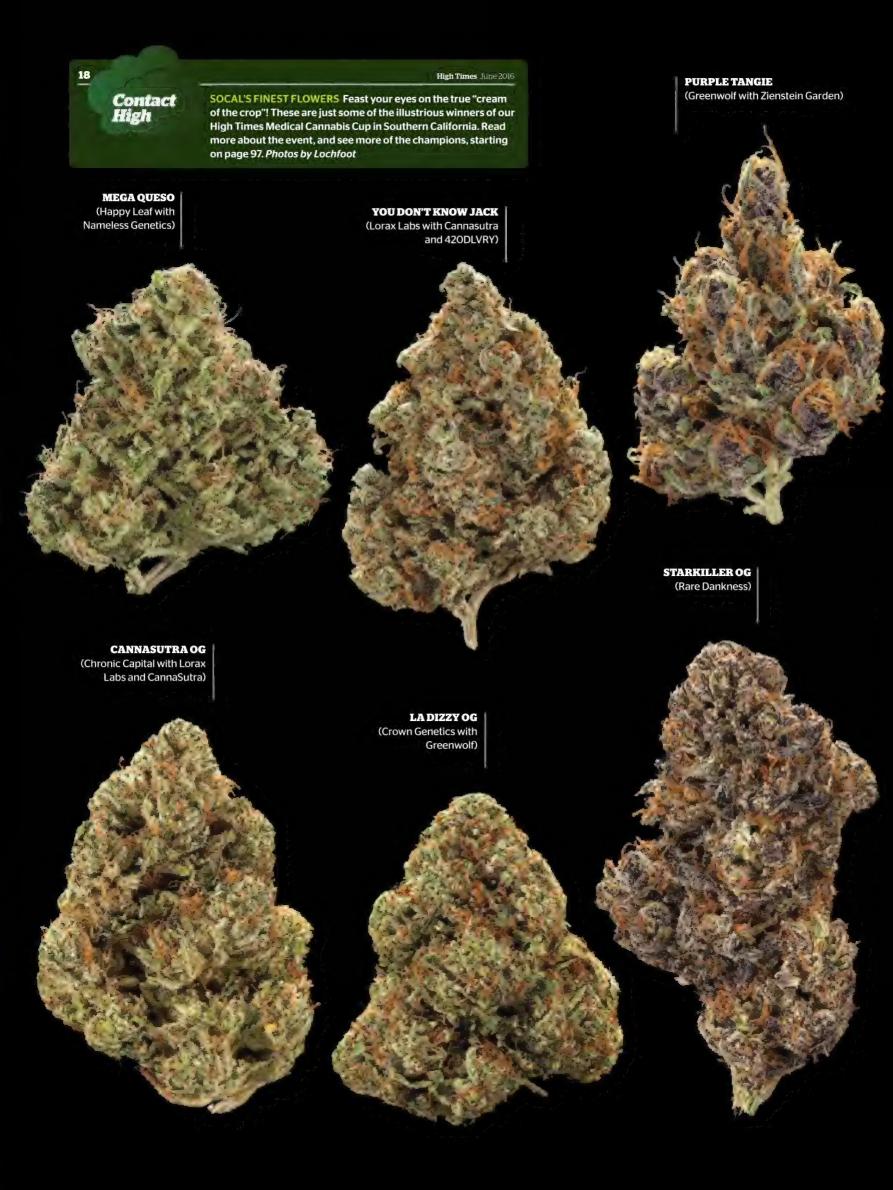
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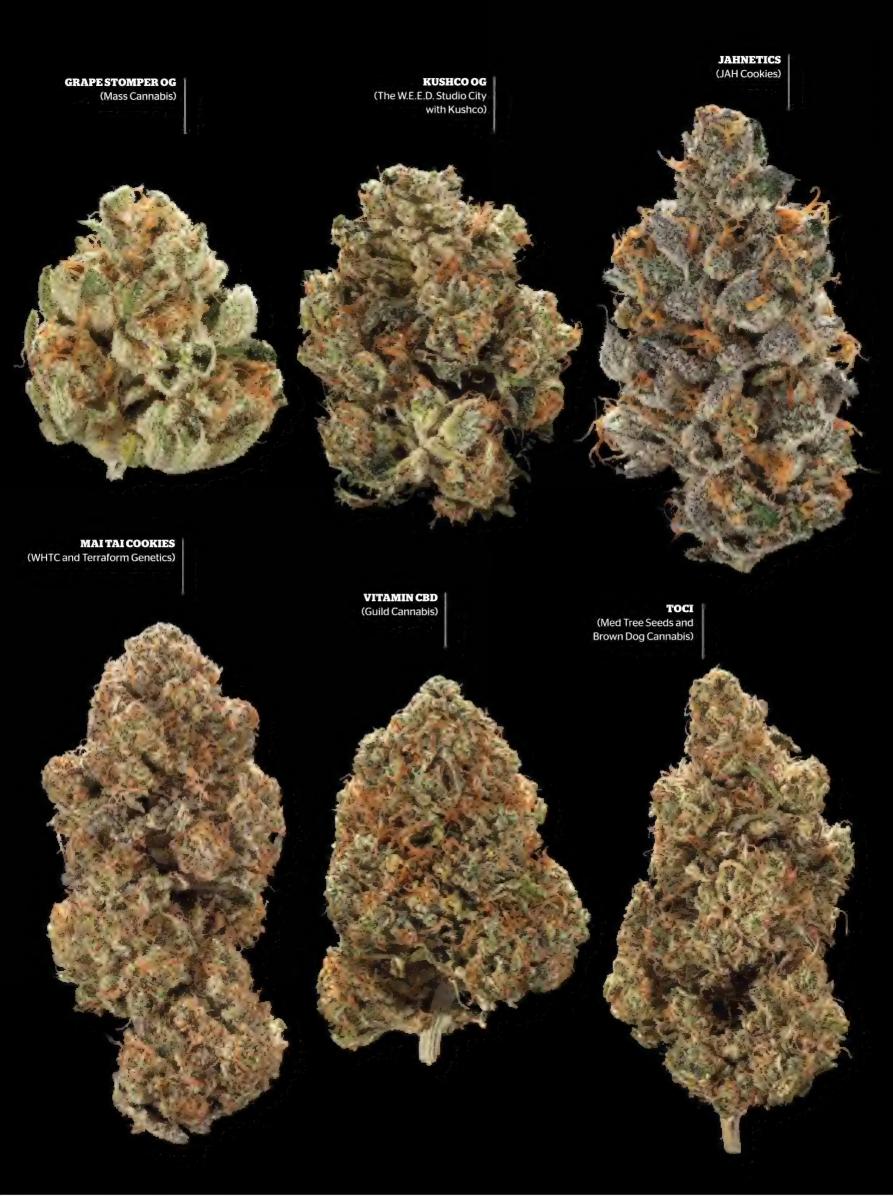
14 High Times June 2016 Contact High $\textbf{LIFE ON THE FARM } \textbf{Founding Father Thomas Jefferson wrote: "Agriculture is our wisest$ pursuit, because it will in the end contribute most to real wealth, good morals and happiness." You won't get any argument from the 116 employees at The Farm in Colorado. The Farm gardens supply superior cannabis to its dispensary in Boulder and countless others throughout the state. Read "The Booming Business of Bud" on page 89. *Photo by Dan Skye*













They live life to the beat of a different drummer, are sure of who they are and what they stand for.

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They're fiercely aware of what's right and wrong, speak their minds and take no prisoners.

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Their ideas are sometimes out on the fringe, the ragged edge. They have to be, because they're open to the possibilities and realities that change the world.

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rhymes and bongs, p.38



Shame On America!

The United States often touts its compassion and moral values, but our policy of denying cannabis to veterans is disgraceful. *By Al Byrne, Lt. Cmdr., USN, ret.*

personnel make up about 1 percent of the US population. According to *American Legion* magazine, 84 percent of veterans say that other Americans have little or no understanding of them—and 71 percent of Americans agree.

Yesterday, today and tomorrow, 22 veterans (a *conservative* estimate) will take their own lives. To put that number in perspective, there was never a day

in Iraq or Afghanistan where that many members of our armed forces died. But this suicide rate doesn't have to continue—in fact, suicide is down at least 25 percent in states that have legalized medical cannabis.

The Veterans Health Administration agrees that cannabis is a medicine that must be incorporated into treatment protocols in the 23 medical cannabis states (as well as in the District of Columbia, Guam and the US Virgin Islands). But do

the math: 50 - 23 = 27. In 27 states, veterans still can't use medical cannabis and be treated in VHA facilities. In Florida, to take just one example, the daily use of cannabis for conditions like pain or PTSD renders veterans ineligible for VHA treatment. Furthermore, those who do choose cannabis are eligible for prison terms.

This is "treatment by geography," a medical protocol never before utilized in human history, and one that is inflicted 24 Highwitness News
High Times June 2016

where the warrior class by the political class—the very same people who sent us off to fight and die. But this illogical, immoral and medically unethical approach is US government policy. Defenders of such a disgraceful practice deserve nothing but shame.

Across the US, veterans were heartened by the actions of Mayor Bao Nguyen of Garden Grove, California, last November, when he declared: "As mayor, I am fighting alongside our veterans to lift the ban on medical marijuana dispensaries in my city. Our veterans have fought to protect our freedom and democracy, so they should have the best medical care available to them, free from stigma and criminalization. Congress needs to take action to make medical marijuana more accessible to help our veterans get the medication they need in a safe and respectable manner. Our government needs to stop criminalizing our veterans and those helping our vets gain access to effective medical marijuana treatments."

Mayor Nguyen's words are very much applicable to all US citizens. Veterans need more advocates like him to champion the use of cannabis for treating conditions like PTSD, traumatic brain injury and pain. We must demand the best care for our sick and injured; otherwise, we

If we can identify the ignorant policymakers who debase every yellow ribbon in the US by denying vets life-saving medicine, there is hope.

fail as a society. If our vets are underserved, so are we all.

"Walking point" is a combat term that identifies the soldier, sailor, airman or Marine who leads the force into danger. For this writer, it is dangerous to admit breaking a stupid set of laws. But a long time ago, I took an oath—as have millions of other veterans—to protect my country from whatever danger it faced. I continue to honor that oath. I believe in my behavior now; I haven't disgraced myself, my service to country or my comrades. I am just walking point. There isn't a veteran alive who wouldn't do the same.

This country has not yet summoned the gratitude it owes to its veterans. But if we can identify the ignorant policymakers who debase every yellow ribbon in the US by denying vets life-saving medicine, there is hope. A friend of mine who's a Vietnam veteran asked this question a while back: "When I volunteered to join the Army, I was fighting for my country. But now,

because I live in Florida, why does my country not fight for me?"

I don't believe the answer to that question is "blowin' in the wind," as Bob Dylan once sang. Instead, the answer is for Americans to rise up and walk point with our veterans, fellow citizens who have sacrificed so much. All of us need to confront elected officials in our own locales. Name them, shame them, make them feel like shit—assuming they can feel anything at all.

Veterans are the 1 percent of the US population that should be honored, not vilified—and, most certainly, they should have access to medical cannabis. **

Al Byrne is the co-founder of Patients Out of Time, a national nonprofit devoted to educating healthcare professionals and the general public alike about the therapeutic uses of marijuana. He is a retired naval officer of 24 years' service with a logistics specialty in the special-warfare/Seabee area. Visit patient-soutoftime.org.

HIGH FIVE

Unaltered States

Roughly 15 states still embrace last century's failed prohibition model. Here are five of the worst. By Mark Miller



Alahama

In the "Heart of Dixie," only 9.7 percent of residents consume cannabis compared with a national average of 12.3 percent. The GOP-controlled legislature hasn't shown much interest in legalization, and Bama has no ballot-initiative process. The maximum fine for possessing even a small amount of pot is a whopping \$6,000, plus possible iail time: a second offense can get you five years.



North Dakota

A first-time possession charge carries possible incarceration, and holding any amount of hash or concentrate can mean spending the next five years in prison. Although North Dakota has a ballot-initiative process, an October 2014 poll found that a measly 24 percent of state residents support legalizing recreational use. Last year, the GOP supermajority in the legislature killed a bill merely to study medical cannabis



Oklahoma

Along with Nebraska, the Sooner State filed suit against Colorado's legalization program because it violates the federal government's classification of pot as a dangerous Schedule I drug, A small amount can put you behind bars: a second offense is an automatic felony. The state's arrest rate for pot is higher than the national average. Recent polls show only 31 percent of Oklahomans support recreational use.



Utal

You won't catch a buzz in the Beehive State, even though it shares a border with the Rocky Mountain State. Only 8.8 percent of the state's inhabitants use pot, the second-lowest rate in the nation (behind Kansas). The state's anti-cannabis laws are harsh, and possession of any amount can result in iail time. A bill to protect medical marijuana users was killed in the state legislature last year.



Fennessee

Despite one of the lowest rates of cannabis use in the US, there are 364 pot arrests per every 100,000 residents-far more than the national average of 239 per 100,000, CBD is legal for medical use, but patients can't access it. Republican Governor Bill Haslam vows to oppose any further pot laws, medical or otherwise. First-time possession can land you in jail; a third conviction can get you as much as six years.



ENHANCED STATE OF MIND.



80 THC

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26 Highwitness News



Drive-Through Pot

Two of America's greatest loves—cannabis and convenience—are pairing up at last. Beginning this April 20, Oregon residents will be treated to the nation's first drive-through window for recreational pot. Green Life Oregon, located in the coastal town of Gold Beach, is responsible for bringing legal weed to your driver-side window. And while certain dispensaries around the country already offer a drive-through option for medical cannabis, Green Life is the first to bring such convenience to recreational pot users.

Oregon voters legalized recreational pot in 2014, and retail outlets started opening as of October 2015. Julie Schmelzer, the economic-development director for Curry County, believes that Green Life Oregon's drive-through plan can help Gold Beach "become a destination for those interested in the new green tourism we are fortunate to be a part of."

911 Is Still a Joke

A Connecticut man who was the victim of a home invasion wound up in handcuffs, charged with a number of potrelated offenses after calling the police.

William Frascatore called the cops to report that two men had broken into his house, tied him up, and stolen jewelry and a cell phone. When police arrived at Frascatore's home, they discovered cannabis growing in the basement. This shifted their attention from the armed and violent criminals to the man who had called them for help. After securing a warrant, the cops seized several plants, dried cannabis and some grow gear.

Frascatore is one of Connecticut's few licensed medical pot patients. However, he was in possession of more than 40 ounces (the legal limit is 2.5) as well as the gear. And so the 36-year-old was charged with marijuana cultivation, operating a drug factory, possession with intent to sell, use of drug paraphernalia and risk of an injury to a minor.

The home invaders are still at large.

HIGH-Q



A new study refutes previous claims that teenage pot use saps intelligence. The study, published in the Proceedings of the National Academy of Sciences, relied on IQ tests given to 3,066 participants at two different ages. The study's subjects were first given an intelligence test between the ages of nine and 12-prior to ever smoking marijuana-and tested again between the ages of 17 and 20, after some had smoked pot occasionally or regularly. A comparison of their test scores revealed no direct correlation between cannabis use and a loss of reasoning ability.

The study also analyzed pot's effect on twins. Twins are considered superior test subjects, since they're raised in the same environment and share the same DNA. Researchers studied 290 pairs of twins and found no variation in intelligence scores between the pot smokers and those who never consumed cannabis.



Natural Bud Seller

Actor and activist Woody Harrelson is among 66 applicants vying to own and operate medical marijuana dispensaries in Hawaii, according to the state health department. Harrelson's business is listed under the name Simple Organic Living in Honolulu County.

The Aloha State legalized medical cannabis in 2000, but that law restricted cultivation to caregivers and patients. However, legislation passed in 2015 allows for a statewide dispensary system. Now, ganjapreneurs are hoping to grab one of only eight licenses that will be granted by the state.

Each applicant, including Woody, must have a minimum of \$1 million in cash overall and \$100,000 for every pot shop they operate. (Each licensee is allowed to operate two pot-production centers and two dispensaries.) Applicants must have also been residents of the state for more than five years.

Under this plan, Hawaii will have a total of 16 dispensaries; six on Oahu, four apiece on the Big Island and Maui, and two on Kauai. The dispensaries are scheduled to start opening in July.



K9 Sniffs Out K2

A correction officer's attempt to smuggle synthetic pot into a New York City jail was thwarted by a chocolate Lab named Gunner.

Officer Mohammed Sufian wrapped over two ounces (61.6 grams) of the popular fake pot K2 in electrical tape and stuffed the bundles in his socks. But before he could sneak the goods into the NYC jail complex known as Rikers Island, Gunner the police dog sniffed out the synthetic weed.

A search of Sufian's home revealed another 126 grams of K2, as well as a package of tobacco—all of which was destined for Rikers, according to prosecutors.

These days, the heat is on dirty COs: New York's Department of Investigation has busted 25 officers and staffers for smuggling contraband since 2014.

Sufian reportedly received \$500 upfront and was promised additional cash once the contraband was delivered. He's been charged with receiving a bribe and promoting dangerous prison contraband, and is now facing up to seven years in prison.



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Standardized Cannabis

Modern cultivation techniques produce seriously potent strains of pot. But a plant scientist from the University of Guelph in Ontario, Canada, believes he can do better.

Mike Dixon boasts more than 20 years of experience in plant-based innovations. He now hopes to find a cultivation method that would perfect the art of growing pot—and he's got a grant of C\$210,000 over two years from the Ontario Centres of Excellence to help fund his research.

The grant will help pay for Dixon's state-of-the-art technological approaches, such as affixing the stems of cannabis plants with tiny sensors attached to a wireless data-logger in order to monitor the plant's reactions to various irrigation-management strategies every 15 minutes.

Dixon's primary goal is to standardize the content of cannabis. By testing various growing conditions, lighting setups and irrigation techniques, he hopes to produce plants with consistent and optimized percentages of compounds like THC and CBD. This will ultimately help doctors accurately prescribe doses to patients. Dixon and his team are working with ABcann Medicinals, a licensed producer of Canadian medical pot.

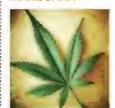
Blue Dream Tops All Strains

Long-time dispensary staple Blue Dream was the top selling strain in both Colorado and Washington State in 2015, according to BDS Analytics, a company that collects cannabis industry data from participating dispensaries.

Blue Dream, a *sativa*-dominant cross (Blueberry x Haze hybrid), was also popular among *High Times* readers last year, making the Trans High Market Quotations' (THMQ) Top Five Submitted Strains every month in 2015.

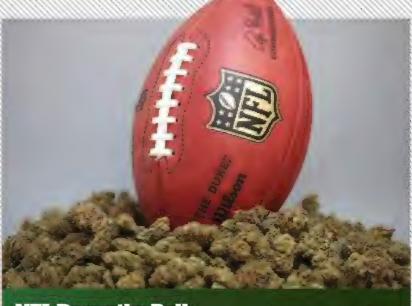
According to BDS Analytics, flowers sales made up about 63 percent of the Colorado market while concentrates came in around 20 percent. Together, flowers and concentrates accounted for \$840 million of the \$965 million Colorado dispensaries took in last year.

AUSTRALIA LEGALIZES MEDICAL MARIJUANA



The "land down under" will allow cannabis to be cultivated for medical and research purposes, thanks to a measure passed by the Australian Parliament. The new law officially amends the national Narcotic Drugs Act of 1967 and establishes a legal medical pot program in the country. However, recreational cultivation and use remain strictly prohibited.

Australia's medical cannabis program is still in the planning stages but, according to lawmakers, patients with a valid prescription will have access to pot grown in the country. Previously, growing pot was prohibited, while importing it, even for research purposes, is extremely costly. For their next step. Aussie officials must settle on a number of regulatory aspects of the nascent medical pot program including how best to integrate physicians.



NFL Drops the Ball on Medical Pot

While the NFL remains a massively successful moneymaker, and while pro football remains unquestionably the most popular sport in America, serious questions lurk just beneath the surface of its shiny veneer.

Despite rule changes to mitigate the dangers of this increasingly fast and violent game, head injuries continue to haunt the league, as the neurodegenerative disease chronic traumatic encephalopathy (CTE) has been found in a frightening number of deceased NFL players.

And while marijuana could be a godsend given evidence that cannabinoids protect the brain from trauma and regenerate brain cells, NFL commissioner Roger Goodell is content to keep pot on the league's list of banned substances.

Goodell insists that pot prohibition is "in the best interest of our players and the long-term health of our players." But what do the players think?

Former Chicago Bears quarterback Jim McMahon is suffering from early-onset dementia, severe headaches and pain from 18 surgeries. He'd been prescribed 100 painkillers per month—but medical pot helped him kick the pills and safely treat his symptoms. McMahon, who is a legal pot patient in Arizona, says marijuana "gets him through the day."

At the 2016 SoCal Medical Cannabis Cup, former running back Ricky Williams told the attendees: "I played a position where I got beat up a lot... So I had to take care of myself. One of the ways I took care of myself was using cannabis."

The NFL is worth a reported \$10 billion a year, but it's worthless without the players. Perhaps Goodell should allow them a say in what's best for their "long-term health."



Debbie Downer

In a recent interview with the *New York Times Magazine*, Democratic National Committee chairwoman Debbie Wasserman Schultz went on the record as an out-of-touch prohibitionist. Despite a majority of her party favoring legalization, Schultz opposes legalizing even medical marijuana.

When asked about her outlier position, Schultz explained: "I just don't think we should legalize more mind-altering substances if we want to make it less likely that people travel down the path toward using drugs. We have had a resurgence of drug use instead of a decline. There is a huge heroin epidemic."

While Schultz didn't use the term "gateway," this sounds a lot like the (thoroughly discredited) gateway theory. Is the chair of the DNC so misinformed on such an important topic? Perhaps. But her ignorance might also be willful. After all, alcohol PACs—representing organizations threatened by legal weed—are among the biggest sources of Wasserman Schultz's campaign funding.

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New Neurological Research Looks at Cannabis Tolerance

The PET scan was

able to show the

exact locations of CB,

receptors in the brain

and how heavily

distributed they are.

shows how a physiological tolerance to cannabis develops in the brain, as well as roughly how long it takes for the brain to return to "normal." This latest research, led by Deepak Cyril D'Souza, a veritable cannabis expert at the Yale University School of Medicine, was a collaboration

among a number of prestigious medical organizations, including the Schizophrenia and Neuropharmacology Research Group of the Connecticut Healthcare System, the New York University Langone Medical Center, the Harvard University Medical School and Massachusetts General Hospital.

The research involved males ages 18 to 35 who were deemed

"cannabis dependent" according to the Diagnostics and Statistical Manual of Mental Disorders IV. The researchers used positron emission tomography (PET) to observe a radiotracer ligand for CB, the cannabinoid receptor in the human brain that is activated by THC to induce its psychoactive effects. The PET scan was able to show the exact locations of CB, receptors in the brain and how heavily distributed they are. If the receptors are dense and abundant (as in a non-toker), it takes only a small amount of THC to cause an effect; if they're fewer and sparser (as in heavier users), more THC will be required to get the brain high.

According to the study, "In chronic moderate daily cannabis smokers, CB1R availability is decreased in most brain regions. Significant CB1R upregulation begins within 2 days of abstinence and continues over 4 weeks." In other words, a regular

cannabis user has fewer $\mathrm{CB_1}$ receptors in his or her brain than an occasional smoker or non-toker, but the receptors' number starts to increase after the user abstains for just two days, and returns to almost-normal levels after four weeks of abstinence. (The fact that the $\mathrm{CB_1}$ receptors didn't fully bounce back after four weeks was attributed by the authors

to their small sample size, which might not have been adequate to assess the initial levels of CB₁ receptors before the subjects stopped smoking.)

The Cannabis smokers in the study had roughly 20 percent fewer CB₁ brain receptors in their brains than the "controls" who did not partake. Interestingly, the amount of cannabis that the tokers consumed on a regular basis

had no correlation with the level of CB_1 "downregulation." Regardless of how much cannabis a person used, the number of CB_1 receptors still took about two days of abstinence to bounce back significantly. After four weeks of abstinence, the PET scans didn't show a statistical difference between tokers and the sober.

This latest study by D'Souza also has important implications for people using cannabis medicinally. Patients who suffer from PTSD or anxiety need to understand that even a short break—less than a week—will significantly reduce their tolerance, and should be careful when returning to their previous dosage of medical cannabis.

So if you're thinking of taking a tolerance break to clear your mind, now you have some data to help. A solid break of a month or two never hurts, but the cannabis receptors in your brain need only a short time to return to their earlier levels. **

Ask Dr. Mitch



Terps, vapes and cannabinoid receptors.

Got a question for Dr. Mitch? Email him at **420research@gmail.com**.

What's the difference between a terpene and a terpenoid?

Harry Splitter

Hi Harry,

Technically, terpenoids might have a functional oxygen atom or an important methyl (CH₃) group different from a terpene molecule, but most authors use the terms interchangeably.

How come the vaporizer's effects always lag compared to a joint?

Hurry Aaron

Hi Aaron,

The delay you report seems to happen for many folks. However, new data from Switzerland confirm that vaporizers really do release THC and CBD at rates comparable to burning the plant. Part of the difference may be that vaporizers essentially process less plant material at any one time, so ingestion might be less rapid. In a sense, you're getting less plant when you don't burn; nevertheless, a 10-minute wait gets most users where they'd like to be. Also, data on lung irritation in vaporizer users suggest that it's worth the wait. I should emphasize that vaporizer users often report consuming less plant material in any given month, so you might help your budget with these machines, too.

Does cannabidiol work on the CB1 receptor or the CB2?

New Ron

Hi Ron.

Cannabidiol (CBD) actually has little affinity for the usual cannabinoid receptors. It does seem to alter the 5HT receptor, which might be responsible for some of its anxiolytic (anti-anxiety) and antidepressant effects. A newly discovered cannabinoid receptor named GPR55 might also be involved in CBD's anxiolytic effects.

What's up with linalool?

Jason Lilac

Hi Jason,

Linalool is a very fragrant terpenoid common in lavender, present in sweet basil and available in many popular strains. It can lower anxiety, decrease convulsions and potentially work as an antidepressant. Exciting new data suggest that high doses can reverse memory impairment in mice with Alzheimer's. I look forward to trials on humans.

Dr. Mitch Earleywine is a professor of psychology at SUNY Albany and the author of Understanding Marijuana and The Parents' Guide to Marijuana.















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Weed Workers of the World, Unite!

The cannabusiness boom is creating jobs of all kinds in a fast-growing industry—but who's looking out for the workers?



The news isn't all rosy for the UNFCW. In September of last year Daniel Rush—an organizer for the union's cannabis outreach—was indicted in Oakland with taking illegal payments, fraud, attempted extortion and money laundering. Presumption of innocence and all that, but if found guilty Rush could be looking at 20 years in the federal pen for these crimes.

It's not only profit-seeking ganjapreneurs who might be tempted to exploit their workers. In December, a National Labor Relations Board judge found that two Oregon non-profits—the Hemp and Cannabis Foundation and the Campaign for the Restoration and Regulation of Hemp—were guilty of denying someone a job because of his membership in the famed union Industrial Workers of the World. (We note the irony of this violation of federal labor law being adjudicated for an industry that is itself still considered a federal crime.)

HEN IT COMES to marijuana laws, the American legal landscape is changing rapidly—and mostly for the better. But this kind of paradigm shift brings with it inconsistent statutes, conflicting jurisdictions and regulatory confusion. You don't need Karl Marx to see that explosive growth in the cannabis industry creates the opportunity for exploitive workplace conditions.

That's why some weed workers have started to organize. Since their first union contract was enjoined in California in 2010, United Food & Commercial Workers (UNFCW) has signed up thousands of cannabis workers in six states and the District of Columbia. These employees are finding strength in numbers, as UNFCW boasts 1.3 million members in the US, Canada and Puerto Rico.

"We always like to say that cannabis workers are a lot like other workers, and with similar challenges," notes UNFCW spokesman Evan Yeats. "We care about safety at work, making a good wage, a work environment of respect that's free from harassment. We're a logical fit for cannabis workers."

"We care about safety at work, making a good wage, a work environment of respect that's free from harassment. We're a logical fit for cannabis workers."

Even so, there's been some lingering cultural resistance to the very idea of a weed-centric industry. "People try to put cannabis workers in a special category, but they're still adjusting to this being a mainstream industry," Yeats observes. "We're doing due diligence to make sure we're dealing with reputable employers."

And in some cases, UNFCW has found that the employers are not only reputable, they're also highly receptive to a unionized workforce. Local 555 in Portland, Oregon, signed up the dispensary Stoney Brothers (currently rebranding itself as Hi Casual Cannabis) last fall, guaranteeing its workers a minimum wage of \$15, paid vacation days and holidays, pension contributions and employer-subsidized health insurance. This is Oregon's first-ever union contract for cannabis workers, and it came at the request of the business owners.

At least for now, established unions with well-developed organizational structures may be the only place for cannabis workers seeking solidarity. One independent union in California, United Cannabis Workers, has been having trouble getting off the ground. Founder Scot Bennett says the union has been denied nonprofit status thus far, but he intends to be there when the state goes fully legal, and he's also set his sights beyond the Golden State.

"We're seeking workers across the country," Bennett says, adding that cannabusinesses "have to be in compliance" with state and local law for their employees to join the union. "We're just here to help people working in the industry legally," he says—because in any volatile industry, organized labor can offer stability and security to the workers who need it most. *

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KURUPT'S MOON ROCK KINGDOM

Hip-hop superstar Kurupt opens his hand to reveal a handful of jewel-like nugs. Well, they look like nugs, but they're somehow fluffier, and they're certainly stickier.

Actually, they're Kurupt's Moon Rocks—enhanced nugs, if you will—"dipped in batter like chicken," he explains with a smile.

Asked why he felt the need to improve upon the bud itself, Kurupt replies breezily: "We wasn't trying to improve upon the bud—we were just trying to have a little fun with the bud. Dr. Zodiak's the one who came up with this great idea. As you know, Moon Rocks is already a strain. But he was like: 'We'll make our own Moon Rocks—the Kurupt Moon Rock.' I said, 'Let's go for it.' So we liked the taste of Girl Scout Cookies, and we added an infusion of the hash-oil batter. We gave it a try, and <code>voilà</code>—success!"

Kurupt's Moon Rock comes in both *indica* and *sativa* versions. The beauty of it, he says, is

that you can smoke it in a pipe or add it to your normal stash. "Or you could roll it up by itself—it still wins"

Kurupt's interest in cannabis is by no means new. He and the weed have been long-time companions, and he freely admits smoking in his early adolescence. "Back then, it seemed like the best chronic in the world. Of course, them seeds were always poppin'!" he adds with a laugh.

The rapper's appreciation for the healing properties of cannabis only deepened over time: "We like to smoke it ourselves, you know what I'm sayin'? But it really *does* help people.

"We've only been doin' to relax our mind," Kurupt continues. "Stress can drive a person crazy; it can make you lose focus. Marijuana calms you down, makes you relax—it can help you to focus, too. I never looked at marijuana like that before. I just thought marijuana is what we smoke: We have fun, we smoke, we get high. But we're legal to sell to the medical community, and that's cool."

kuruptsmoonrock.com



It's been over 45 years since the death of rock icon Jimi Hendrix, but legions of fans still speak of him with reverence. It's remarkable, because the height of his mainstream career lasted only four years. Still, anyone who hears the bold. repeating, siren-like strokes emanating from Hendrix's guitar at the top of "Purple Haze" usually becomes an instant fan. And now you can actually smoke Purple Haze: California Finest has just launched Jimi's Cannabis Collection, a line of premium hand-rolled marijuana cigarettes that provide a "High-Grade Hybrid Experience" to legal med-pot patients in need. purplehazeproperties.com



sPOTLIGHT

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These airy, light and lofty sacks redefine the concept of beanbag furniture. Lovesacs are filled with lightweight, fluffy Durafoam, which maintains its cushy look over time. The sacks are offered in six sizes—from the BigOne, which at eight feet wide and three feet high will comfortably fit you and a couple of your friends, to the CitySac, just for you to snuggle up in. Sac covers are available in an assortment of faux furs, or you can chill on padded velvet if that's more your style. Nestle down in an enormous pouf, smoke a bowl and let your cares float away. Now that's pure heaven. Prices vary, *lovesac.com*.



www.brothersgrimmseeds.com





10 COOL PRODUCTS
FOR WOMEN WHO LOVE WEED

Now, thanks to the legalization boom, more and more companies are creating cannabis products specifically targeted at women. *By Sophie Saint Thomas*

- 1. FORIA RELIEF: From the makers of Foria Pleasure, a sensualenhancement cannabis oil guaranteed to get you off, comes Foria Relief, the first cannabis vaginal suppository to relieve menstrual cramps. Made with CBD, THC and organic cocoa butter, Foria Relief not only eases up the cramps but provides a relaxing body high (though the product is generally non-psychoactive), making it perfect for unwinding after work, period or not. foriapleasure.com
- 2. FIREFLY 2: Forget the perfect man—what every woman really needs is the perfect vaporizer. The right one will keep you feeling mellow enough to stay calm through the whirlpool that is modern love. The Firefly 2 uses 55 laser-drilled micro-jets of superheated air to deliver thick vapor at the touch of a finger. thefirefly.com

- 3. ANNABÍS: For stoners who put a premium on style, AnnaBís creates beautiful handbags with secret pockets and odorlock technology—perfect for bringing your stash along with you to any classy occasion.

 annabisstyle.com
- 4. GYPSY CREAM: Onethird of this dope body cream from Good Stuff Botanicals is hemp oil-a reminder that our favorite plant is as good for your body as it is for your mind. Along with moisturizing your face, hands or wherever else your skin needs it, this cream (inspired by a real old Roma recipe) also boasts antibiotic properties. which means it will work wonders on cuts, burns and scrapes. thegood stuffbotanicals.com
- 5. THE CANNABIS
 KITCHEN COOKBOOK:
 You can never go wrong
 baking a batch of weed

brownies, but for ladies that love food as much as they love green, this book is an essential item—especially the recipes for infusing soups with cannabis oil and creating cocktails with cannabis-infused agave. cannabiskitchen cookbook.com

6. NATURE'S GATE HEMP NOURISHING SHAMPOO AND CONDITIONER: Not only is Nature's Gate cruelty-free (meaning the company doesn't test its products on animals—a rarity for mainstream brands), but its hemp shampoo and conditioner will let you wash all that pot smoke out of your hair with even more cannabis! naturesgate.com

7. DR. BRONNER'S ORGANIC COCONUT OIL: Highly recommended for cooking, this miracle oil also doubles as a body lotion, helping to lighten age spots, and can be rubbed on the lips instead of chapstick. Best of all, this versatile staple can be used as a personal lubricant—but be sure to use it only with fluid-bonded partners, since it is not latex-friendly. *drbronner.com*

8. MARY'S MEDICINALS:

One beautiful outcome of marijuana becoming more mainstream is the many ways we can now take advantage of its healing benefits. Mary's Medicinals makes everything from transdermal patches available in several therapeutic flavors-CBD, CBN, THC Indica and THC Sativa-to CBD muscle freezes for use after a hard gym session, to non-psychoactive capsules, topicals and protein powder mixes. marysmedicinals.com

9. THE CANNABIS SPA AT HOME: With this handy volume, you can combine three of the best stoned activities: crafts, relaxation and consuming even more cannabis. Much like cannabis cookbooks, *The Cannabis Spa at Home* builds on the knowledge that pot has been used for maintaining health throughout human history. Learn how to create anti-aging cannabis facemasks, delicious hemp smoothies and calming cannabis foot soaks. *hempista.com*

10. SPLOOFY: One day, we'll live in a world where everyone appreciates the smell of weed wafting out from under our doors. Until then, should you find yourself in desperate need of a toke but on a holiday with your oldfashioned grandparents hanging around, simply blow your smoke into a Sploofy filter. It comes in a variety of lovely colors and will filter and deodorize the resin particles, allowing you to enjoy an odorless smoke sesh. sploofybrand.com 1/2



38 Entertainment



Pack Animals

The trap masters keep themselves in check with oodles of OG. By Mary Jane Gibson

On a breezy winter afternoon in a sun-soaked loft in downtown Los Angeles, High Times caught up with Kenny Beats and Ryan Marks—a.k.a. LOUDPVCK-for a smoke sesh. The duo laid out an impressive cornucopia of cannabis, including delights like Daddy's OG, Xerxes OG, Strictly OG, Skywalker OG, Goji OG, and their eponymous concentrate from HGH, Loudpvck OG. Along the way, Beats and Marks shared their thoughts on dabs, collabs, unbreakable bongs and the politics of pot.

LOUDPVCK (it's pronounced

"loudpack," jeez mom) was formed when Kenny Beats and Ryan Marks met while studying at the Berklee College of Music. The two quickly became smoking buddies, and together they began to craft a unique sound in the studio, in the vanguard of a new genre of music known as "EDM trap"—a blend of electronic

dance music and hip-hop.

Beats, who grew up in Connecticut, was enthralled by Marks's tales of the weed scene in his hometown of LA. He tells HT: "Ryan had friends with med cards-he could go buy pot in a store. He's telling me about this, and I'm just drooling, like, 'What are you talking about?"

That was around the time that Beats started plastering his bathroom with *High Times* centerfolds. "They started to get nasty, because I'd take showers in there with the door closed, and they'd all mold up," he recalls almost wistfully.

Obsessed with computers, weed and making beats, the two friends knew they were on to something, Beats says. "I was like, 'Okay, I'm going to be doing something involved with weed for the rest of my life.' The name LOUDPVCK just kind of fell together. It was weed-related. It wasn't something your mom would

know has to do with pot, but we were like, 'All right-we're always going to be burning in people's faces. We might as well have something related to it."

Though they're together on the road and in the studio much of the time, Beats and Marks have different smoking habits. "We smoke different things, different amounts," Beats says. "We both like indica more than sativa," Marks offers. While Beats tends to dab a little harder, Marks often prefers to hit the bong. No matter what their chosen method of ingestion, though, they've smoked in nearly 40 states, Beats claims: "We've dabbed and smoked in

"We're all about our fans getting high, being safe and having a good time."

- ery situation, every weird
- ving room to beautiful man-
- on to crazy venue to shitty
- ve bar."
- "A few more shitty living moms than beautiful mansions,"
- arks puts in, "but yeah."
- "We've learned to acquiesce any smoking environment,
- y dab rig, any bong," Beats **E**tults. Just days before our
- Lerview, the pair was intro-
- liced to an unbreakable bong
- Liberty, Kentucky. "It's ade by engineers who quit
- ASA; now they make bongs. πs like this thing you can

throw three stories off a roof," Beats marvels.

When asked what they think of the current presidential primaries, both come out in favor of Bernie Sanders. "Bernie's one of the most interesting presidential candidates I've ever seen," Marks says. "And he's the first presidential candidate to ever say, 'I would immediately federally legalize marijuana." So it's official: LOUDPVCK is feeling the Bern!

They're also one of the few EDM acts who openly smoke weed, and they'd like to see their kind of music represented more at Cannabis Cups. "We really are smokers," Beats says. "We really are aficionados. We're all about legalization. We're all about our fans getting high, being safe and having a good time." Sounds good to us, guys. Consider this an open invitation: Come play for us! *



One of LOUDPVCK's biggest hits to date is "Lit," featuring Curtis Williams. "It's a weed-centric thing, but even if you don't know, it still sounds cool," Beats says. "All our friends were saying it about crazy parties: 'Oh my God, it's fucking lit."



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Leveling the Sights

Machine Gun Kelly grows up and smokes out. By Chris Parker

But for a twist of fate (and a joint!), Cleveland rapper Machine Gun Kelly—MGK for short—might've been emptying his barrels from the sky rather than the stage. Growing up, the 25-year-old swore off weed because he had bigger plans: He wanted to be a Top Gun pilot.

"I spent like my whole sixth grade defending the fact that smoking weed was something I would never do because I planned on going into the Air Force, and in the Air Force they test your hair or something," Kelly says. "Then we started playing music. We started fucking up at school. That's when I eventually was, 'Okay, you know what? The Air Force is not for me. I'm way too punk rock for that shit. I'm going to get high!""

It's been 10 years since Kelly (born Richard Baker) released his first mixtape, 2006's *Stamp of Approval*, recorded in a Denver basement while his father was in Kuwait. His mother had left when Kelly was young, and he was raised largely by his aunt. He first made a name for himself in 2009, when he won the Apollo Theater's Amateur Night competition twice, back to back, becoming the first white rapper to ever do so.

In October, MGK released his second album, *General Admission*, a more focused, emotionally rich and honest portrait. It ranges from "Merry Go Round," a haunting, downbeat "Jack & Diane" gone 'hood, to the punk-metal cranker "Bad Mother F*cker," featuring a guest turn by Kid Rock and Kelly announcing: "I'm a Bad Brains, Bruce Wayne in the fast lane, couple Js in the ashtray-style motherfucker."

The stylistic growth of *General Admission* echoes MGK's uneasy transition from wild child to a more self-aware,

slightly less rebellious person. Raising a seven-year-old daughter will do that to you.

"I lived for so many years under the impression that I should leave the craziest legacy on this earth," Kelly says, citing his arrests, drug use and public sex with a porn star. "So I was doing everything in my power to stir up as much shit, do as many drugs, get into as many fights, and make as many crazy stories come to life as possible.

"Then there was a moment where I realized like, 'Ohmigod—I think my daughter knows what's going on.' It was a really crazy realization, because I think that had a huge part to do with my "I'm just trying to create, create andcreate until something happens, where people are like, 'All right, this is undeniable."

maturation as a man the past two or three years, which is the time it took for me to do *General Admission*."

Apart from his music, MGK could be on the verge of an acting breakthrough. In addition to several indie flicks coming out this year, he's a regular on the new 10-episode Showtime series *Roadies*, created by Cameron Crowe (*Almost Famous*, *Jerry Maguire*) and starring Luke Wilson.

"Cameron Crowe's mind is full of so much knowledge and crazy stories of rock'n'roll," Kelly says. Working with him was "absolutely one of the best times of my life, because it reinspired the whole musical element in a way I just didn't see coming. It really opened my eyes to what all the legends did to become legendary."

Until his own Hall of Fame induction comes around, Kelly's just following his instincts. It's gotten him where he is thus far, and his newfound maturity tells him not to sweat the outcome.

"I've gone against the grain for my whole career," he says. "That's why so many hype trains blow by my station and don't pick me up. So I'm just trying to create, create and create until something happens, where people are like, 'All right, this is undeniable.' But I'll be happy, because I'll know I've done it my way." **



The Bong Collector

Kelly will smoke out of anything but a blunt, which is too hard on his voice. "I own a hefty collection of bongs that are actually the main spectacle in my house," he says. "A bubble high is actually the gnarliest high for me."

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Transformations

The High Llamas' homage to a changing city.

One of the best highs of a High Llamas record is savoring the sounds that trigger a ponder on the 'tween-the-cracks stuff of everyday life-the people, places and things we breeze by and normally wouldn't pause to consider. One gets more of this mindful mood in Here Come the Rattling Trees, the English/Irish band's first new set in five years. A song cycle originally created as a theater production by chief Llama singer/multiinstrumentalist/arranger Sean O'Hagan, it was inspired by all the people he met while bicycling around his borough of Peckham in southeast London. O'Hagan wove musical soundtracks into the stories of these local denizens, who shared their dreams and disillusionments with him amid the district's transformation.

O'Hagan's tales have titles like "Amy Recalls



Llamas
Here Come the
Rattling Trees
(Drag City)

Barham Trees," "Bramble Black," "Livorno" and "Plumber Recalls Me to the Common," evoking in words and tones Peckham's progression over the last 25 years, for better and for worse. As a result, the music is all about gaping at the past and, at least in some small way, suggesting a better future.

Over the course of 10 High Llamas albums since 1992,

O'Hagan—who has also collaborated with Stereo-lab, Super Furry Animals and Sondre Lerche—has pursued a harmonically sophisticated music that combines, in his words, sweetness and modernity. He laces *Rattling Trees* with simple ornaments like acoustic and electric guitar, vibes, reedy organ, bell-toned electric piano, brush drums and his own choirboy vocals. Each cheerily yearnful track contains at least one aural surprise that, if its magic doesn't pounce as you round the corner up that never-explored mental alleyway, will occur in due course to the close, careful listener. *John Payne*

MUSIC RECOMMENDATIONS



Vektor *Terminal Redux*(Earache)

Ten brutal tracks of progressive thrash from these Philly-via-Phoenix metallians deliver the anticipated whiplash riffs, almost inhuman drumming, raspy-throated howls... and a children's chorus? What the fuk! But there it is, right in the middle of "Charging the Void." Shocked me like a

After parting ways with famed corpsepaint commandos Immortal, Olve "Abbath" Eikemo has emerged from Norway's icy hinterlands with his solo debut. Backed by European extreme-metal notables and English lyricist Simon Dancaster, Abbath delivers eight frosty blasts of high-speed

stray wire! This is pure, icy thrash otherwise, warmed by the occasional unexpected resolve. The tight, circular lixx that intro "Panopticon" quickly devolve into the stinging harmonics and rapidly snaking bass lines that characterize the album. A must for lovers of the genre. Polly Watson

riffery steeped in winter, war and Norse mythology, while giving sonic nods to Ozzy Osbourne, AC/DC and the departed Swedish cultists Bathory. Despite Abbath's grim pedigree, however, you don't have to be a blackmetal enthusiast to enjoy this record: It's pure headbanger heaven. *J. Bennett*



Abbath
Abbath
(Season of Mist)

DVD RECOMMENDATIONS



in 51 Days: The Moviel The Melvins (Ipecac)

In 2012, fabled underground rock band the Melvins set a world record when they played all 50 states—plus DC—in 51 days. Shot completely on mobile phones, this DVD dedicates a minute to each stop on the tour, as guitarist/vocalist King Buzzo, drummer Dale Crover, bassist Trevor Dunn

and their trusty road crew survive fake explosions, real flaming airplane wings, and a cavalcade of drunks, weirdos, and porta-potties on their pilgrimage into posterity. Plus, in true Melvins fashion, there's plenty of trenchant commentary and oddball humor dispensed along the way. J. Bennett



Forbidden Zone: Special Edition Richard Elfman (MVD Entertainment)

The greatest politically incorrect stoner-movie musical of all time is now available on DVD. Starring performance art-rockers Mystic Knights of the Oingo Boingo and Hervé Villechaize (from *Fantasy Island*), the film blends *Popeye*-style animation and Theatre of Cruelty live action. First

released in 1980, Forbidden Zone has since graced many a midnight-movie screening populated by hammered freaks spitting up their popcorn at the depiction of a dreamscape featuring topless princesses, dancing frogs and more ethnic stereotypes than Archie Bunker could conjure. Michael Simmons

GAMES RECOMMENDATIONS



PS4, Xbox One, PC (Bethesda Softworks)

Once again, we emerge from our vaults and wander the wasteland for a virtual vacation filled with super-mutants, ghouls and a Pip-Boy crammed with quests. Boston as it stands in a parallel universe 200 years after nuclear war proves to be a lovely host for *Fallout 4*. A new system

makes its debut, exemplified at its best by the weapon and power-armor modifications, and at its worst by a toolbox for needless settlement building. Strippeddown dialogue choices and the lack of a karma system render this *Fallout* the most passive role-playing experience in the series. *Tyler Merfeld*

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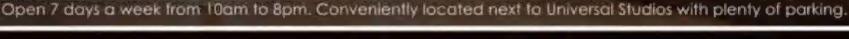
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TANNER LAAMAL

THE HIGH TIMES INTERVIEW

SEVEN-TIME GOLD AND FOUR-TIME SILVER MEDALIST AT THE X GAMES, TANNER HALL STARTED SKIING AT THE AGE OF THREE IN HIS HOME STATE OF MONTANA. HE JOINED THE FREESTYLE SKI TEAM AT AGE 10, AND MOVED TO UTAH TO TRAIN WHEN HE WAS 15. AT 16, HALL WENT TO VAIL, COLORADO, TO COMPETE IN THE US OPEN FOR FREESKI-ING-AND FROM THEN ON, HE WAS HOOKED ON LIFE ON THE SLOPES. HE IS AN AVID CANNABIS USER: EVEN HIS CLOTHING LINE. THE TANNER HALL COLLECTION, IS A THC REFERENCE. FOLLOW-ING HIS STORIED CAREER AS A COMPETITIVE FREESKIIER, AND HIS RECOVERY FROM SEVERAL GRUESOME INJURIES, HALL IS WORKING ON A NEW FILM DOCU-MENTING HIS EXPLOITS, SPEND-ING HIS WINTER MONTHS GOING HARD IN REMOTE PLACES AT THE TOP OF THE WORLD. HIGH TIMES MET UP WITH THE FREESKIING LEGEND TO CHAT ABOUT WEED, THE REBEL SPIRIT, AND TAKING THE TIME TO THINK BEFORE YOU SPEAK.

When did you first smoke weed?

I first started smoking weed around nine or 10 years old. I've got an older brother; all my friends had an older brother the same age as my brother. It's just a natural thing for the younger kids to try to follow the older crowd. I remember seeing my

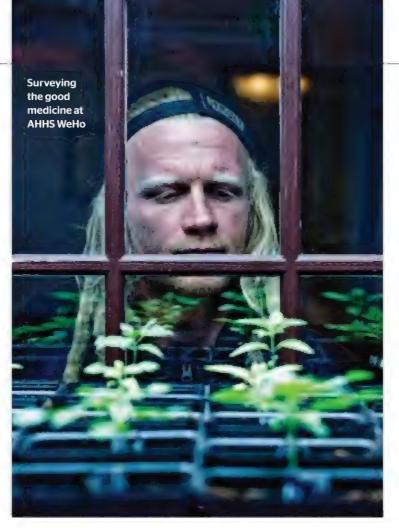


brother leave his stuff out and thinking I was kind of scared of it—but then, after that first time smoking, I was like, "Okay!" I got knocked into a reality where it was really nice, you know what I mean? It was great from the start.

Did you ever run into drug testing when you were competing?

I stopped smoking for a long time, actually, for the first-ever Halfpipe World Championships event in Ruka, Finland, in 2005. Right before that contest, I hit this jump called Chad's Gap in Utah, and I ended up breaking both my ankles and both my heels. Right when I crashed, I knew that I was done. A lot of my buddies from Alta ski patrol were watching it. When I crashed, Dave Richards, one of my good buddies-he knew I hadn't been smoking. When he saw me crash, it wasn't hard to see that I wasn't going to be skiing for a long time. First thing he did, he took his one-y out, packed it up, and he's like, "Well, sorry to be the bearer of bad news-you're not going to go to world championships anymore, but at least you can smoke. So here you go." And that was a big thing for skiing: I had stopped [smoking] for a contest, and it's just funny that God had a different path for me laid out.

It was a double-edged sword, but it was like FIS [the International Ski Federation], USASA [the USA Snowboard and Freeski Association] and the Olympics—we all started this sport to get away from that type of stuff, so we could be free spirits. I'm a skier first and foremost, because that's my culture. When I got hurt, that was a big thing when I took that first puff. I exhaled out, thinking: "Why listen to these dudes that are 70 years old, that are French, that are so overweight, that have never skied in their life, that put rules and regulations to



"We just want to do our thing and live our life and have a sense of peace, and marijuana brings that to us in a world of chaos."

the sport that we give our lives to?" And that's when I was like, "You know what? Maybe this whole drugtesting thing, and trying to go to the Olympics and all that stuff, might not be the best idea." Because it's just basically regulating people to be robots—and if you have to listen to somebody tell you how to live, then it's not really living life.

How did you make the transition from competitive skiing to mountain skiing?

It was easy for me, because for a while there, I had at least five years of competing and winning contests where there were no drug tests. But then when they saw our sport getting more and more press, the X Games and ESPN and the bigger halfpipe events, all those people got scared. It was like, "This is unconventional, but more people like

this are downhill ski racing. So how are we going to take control of this?" That's what happens when a big corporation moves into something.

I give so much props to skateboarding, because they will never allow, I feel, [organizations like] the Olympics to come into their sport-because they're so proud of the culture they've built and what they've done in their sport. There's a lot of skiers like that—but then there's a lot of skiers out there, too, where you realize that skiing is a rich white sport. That's what skateboarding has over a lot of sports: You don't need a lift ticket. You don't need bindings. You don't need snow. You basically need a skateboard and a pair of shoes. When it's that easy, the whole world can connect with it.

Skiing is really expensive, and it's hard to get a core audience connected to it. But me and a couple of my friends, that's what we're trying to do. We're looked at as rebels, but if you look at our sport in the '60s and '70s, marijuana was like a platform for skiing. There's a movie called Winter Equinox that traveled the whole 1970s freestyle world tour. Those guys just got flown around on Learjets; they were smoking weed the whole time. Then stuff got structured and the "athlete" came into it-[the idea] that you should be this model athlete. In our sport, I just don't think we're athletes. It's a culture. It's a lifestyle. We just want to do our thing and live our life and have a sense of peace, and marijuana brings that to us in a world of chaos.

What relationship does marijuana have to skiing for you?

When you're going hard trying to learn a trick, you'll feel yourself sweating profusely, asking questions, [feeling] almost eccentric, like you're buzzed. Sometimes when that feeling comes around, your brain doesn't like to calm itself down and think of the overall thing that you're trying to accomplish. Marijuana can really slow me down to realize every day what the true goal is, instead of having a billion goals. It can help me strategically go about life the way I want to, instead of getting a bunch of prescription medications that will basically fuck my brain up and make me not think straight. And then you've got to get more prescriptions to counterbalance why you don't think. Meanwhile, there's a plant growing from the earth that could take away a lot of things. Marijuana plays the biggest role for my skiing. Without it, I don't know if I would even be here.

Tell us about your injuries and subsequent use of pain pills for recovery.

In 2009, I broke both my legs and blew out both my ACLs. So it was a serious injury where there was a



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lot of waiting time and surgeries and physical therapy. I'd never had an injury like that.

If you're in Utah and you get hurt—I don't know if you know about the prescription-medication problems that the residents of Utah have. The amount of pain pills that I was prescribed was scary. It got really scary. And then I just didn't get off it. That was the first full-on drug addiction I've ever had.

Marijuana's not a drug; you're not really addicted. So when I felt that first real... almost scratching-I need this-it was a bad thing. It took a long time to get off [pharmaceuticals], because pain pills suck so bad-you get addicted, and you've been taking them for six more months than you should have, [and] when you get off them, your back feels like it's broken. Fucking sick all the time. Through my whole life, I've never had anything like that.

Did marijuana play a role in getting you off the pain pills?

So much! My best friend called me out [on my addiction to pills], and I was almost embarrassed about it, so I was like, "It's not really happening." Then C.R. Johnson, my buddy-he passed away in 2010-he was the one that pretty much let me know. He was telling me, "I'm watching you not get better. You're losing weight. What is going on?"

It's like heroin: You don't want to eat. You don't want to move. You feel great, don't get me wrong—but that's only, like, a month of feeling



"I've been getting scrutiny for it my whole life, but I'd rather be a weed smoker than some alcoholic jerk that goes home and beats up his wife."

like that, and then all of a sudden you've really screwed your life over in a serious way. Never once have I ever felt like that with marijuana. I felt it about alcohol, and I felt it about other drugs. I've felt it about prescription drugs.

I've been getting scrutiny for it my whole life, but I'd rather be a weed smoker than some alcoholic jerk that goes home and beats up his wife. I think there's a lot of people like that around. Instead of giving him a six-pack of his IPA or his bottle of vodka, why don't you just throw him a nice, big old joint? See how that changes his mind at the end of the day.

You were talking about the corporate influence on skiing. Do you feel that that same influence is going to corrupt the world of marijuana?

It's inevitable. Just like anything else, once everything becomes accepted, the big players are going to try to take control of it. That's why I think you need to keep it down home. For the marijuana industry, keep the grow people that put their heart and soul into it. Just like in skiing—we don't want Target coming in and trying to be like, "This is how it's going to be." It's like, "No, dudeyou don't even ski. We did this our whole life. We built this. You don't come in here and say what we do."

Do you have a favorite strain?

I want to get my own strain going called the Ski Boss. It would pretty much be a Girl Scout Cookies mixed with Afgoo—a little cross-pollination.

This is a movement. It's not just a fad—this is biblical-type stuff. Grass for the cattle, herbs for the use of man. When you put marijuana inside you, it actually makes you take a step back and almost reveals who you are to yourself.

That's the spiritual side that attracted you to the Rasta culture?

I can't say I'm a Rastafarian. That's a big commitment-that's a big way to live. I love eating meat, you know what I mean? I love living the Westernculture ways that I've been brought up on. But as a religion, and as a people, and as a unity, Rasta to me makes more sense. At the end of the day, it might be one big story. But if it's not, I look to Africa-that's where life started. Why are we looking at Bethlehem and some dude who looks like John Lennon in a robe who just got out of the shower?

June 2016 **High Times**

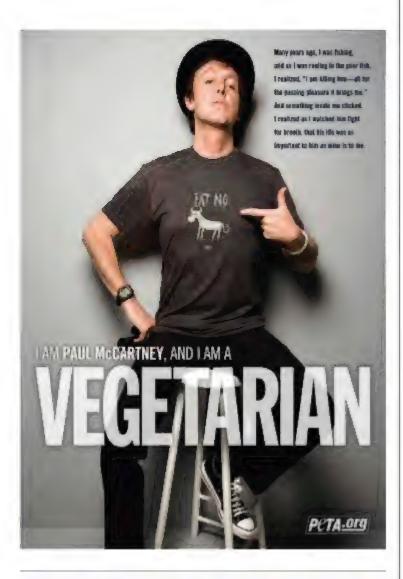


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You filmed *Like a Lion* a few years ago. You're making another movie now?

Right when I got hurt, we made the first installment of *Like a Lion* just so I could give the story up until then—because I knew that once I got back on my skis, I was going to have another story, and that's what we're building right now. We're in the middle of a two-year project called *Ring the Alarm*. This is pretty much just trying to go as far as possible and show we're still the nastiest people out there in the world on skis.

I can't wait for the day my life just stops being intense, where I can sit back and just enjoy and watch other people go through intense shit and be like, "Dude—I've been there. You're going to be good." But right now, we still have a lot more shit to happen.

Do you have a favorite story about smoking weed?

The school that I went to when I was 15 years old was called the Park City Winter School. It's a winter-sports academy for kids from April to November, so they get five months off in the winter. They had random drug tests. The first year, I never got drugtested. Sophomore year, first drug test happens a month into school: My headmaster says two names, and one of them was mine. I'm like, "Fuck, I'm screwed." So I go take the pee test; couple days later, guy comes back. He's like, "You know what? You failed. You're suspended." So I had a week's suspension and 10 hours of community service.

My mom and my dad get called. They bring me up to Montana. I have to go to the church where my mom and dad go, to cut the lawn and clean the dishes. The best part was, my pastor—who I would see at the ski hill every day—was the biggest hippie ever. My mom thought it

would be a good idea to go talk to him about the choices that I was making in life. So I tell him I'm suspended. And he was like, "I know." And here's the deal about marijuana: Even the pastor was like, "I'm not going to say it's bad. I'm going to tell you that if you're going to make decisions in life, make sure they're good ones."

I knew my pastor was a smoker. He's a hippie granola-eating Telemark skier. So that was really funny—I get kicked out of school for a week, everybody's like, "You got to go get reformed," and they send me to the pastor that was like, "No, dude, I smoke. Just be smart."

Then, only three months later, I got drug-tested again, and I failed again, and they expelled me. Three months later, I won my first X Games. The headmaster that kicked me out and was a jerk to my mom, he calls her back, says I'm allowed back to school for free—no tuition, no nothing. All I got to do is a photo shoot for the brochure of the school. My mom said, "You have to be out of your fucking mind." And that's how school ended for me.

The funny thing is, the headmaster that kicked me out for smoking weed—he kept bottles of alcohol in a drawer in his desk. His face was beet-red every single day.

Do you have any words of wisdom for kids who ski, who are coming up?

It's all about having fun and not taking stuff too seriously. Just think before you act. Think before you speak. I know this Instagram [video] thing went to 15 seconds and nobody has an attention span over that. But trust me, dude. Give yourself 20. You could change the world. \(\psi\)

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OVERLOOKED AREA FOR GETTING POUNDS OF BUDS

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Figh Times June 2016



America's Legal-Marijuana Cities



DENVER, COLORADO is the epicenter of marijuana legalization, having passed its 2012 initiative slightly before Washington State.

While the city and state still wrestle with the regulation of venues for adult recreational use, numerous events are finding ways to evade the remaining prohibition on public use. If you're a sports fan, Denver is one of nine US cities with a pro football, basketball, baseball, hockey and soccer team—tailgating and infused edibles for the win! Oxygen deprivation in the Mile High City will make your herb last longer.

SEATTLE, WASHINGTON has a weed scene that's a bit odd in comparison with Denver's. You can't grow your own, and when you buy weed in a shop, it comes in sealed packages of 1 to 28 grams instead of bulk flower that you can inspect, smell and order in whatever quantity you choose. But the coffee is incredible, as you'd expect from a city usually under cloud cover, as are the Haze strains favored here for their energetic, heady buzz. The world's largest "protestival," the Seattle Hempfest, happens each year on the third weekend of August. Every toker should experience it at least once.



PORTLAND, OREGON is every bit as quirky and Dionysian as you've heard. If you like a surfeit of choices in food, wine, beer,

art, books, theaters, nature, sex and cannabis—and if you don't mind that semi-annual omnipresent rain—the Rose City is the place for you. Portland has not one but two vegan strip clubs. And if that makes no sense, just concentrate on the big, beautiful, billboard-sized pictures of concentrates and buds that you'll see while cruising around downtown. There are boulevards in Portland where you can comparison-shop among three different dispensaries within a nine-block area.



MIX

ANCHORAGE, ALASKA may not be on your marijuana bucket list, but don't count out the City of Lights and Flowers: Its

residents have enjoyed the right to grow and possess pot at home since 1975, and there are some really talented growers here producing wonderful weed. Plus it's the only city we've listed from the four legal states where licensed adult-use venues are approved. In the summertime, when it stays light out, you can party through the night. In the winter, it's dark almost all day, but you can trip out on the Northern Lights. Day or night, Matanuska Thunderfuck is your best companion.

America's Weed-Friendly Vacations

THE EMERALD TRIANGLE is made up of Trinity, Humboldt, and Mendocino counties in Northern California. The largest city is Eureka, on the Humboldt Bay, but the towns of Ukiah and Arcata will give

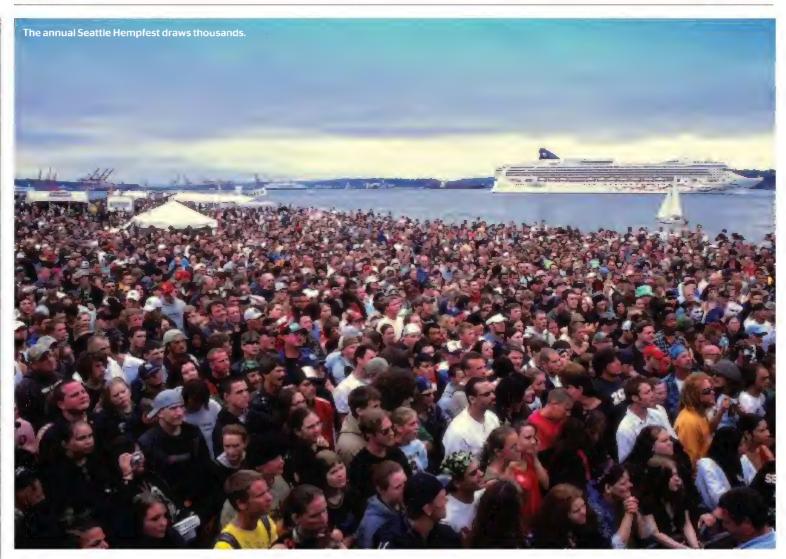
city is Eureka, on the Humboldt Bay, but the towns of Ukiah and Arcata will give you a better feel for an area dependent on marijuana cultivation. The region features majestic mountains and some of the tallest trees in the world, perfectly complemented by sun-grown hybrids. Be careful hiking, especially around harvest time: You might stumble onto some prime NorCal herb and a farmer none too happy to meet you.



THE BAY AREA, particularly Oakland and San Francisco, is the birthplace of the medical marijuana movement in America.

Marijuana's not yet fully legal here, but with statewide decrim, easy medical marijuana access and local tolerance, it might as well be. Visit the stony Haight-Ashbury district in San Francisco and then head across the bay to check out Oaksterdam. Harborside Health Center, the nation's largest dispensary, is at the ready to help you with all your med-pot needs. It's a prime location for major cannabis expos. The Bay Area area is a tourist's dream offering both indoor and outdoor attractions.

56 High Places High Times June 2016





COLORADO'S MOUNTAIN TOWNS have had a tumultuous few years since the legalization of marijuana.

They've always been counted among the country's top skiing destinations. The love that skiers have for pot has never been a secret, but city leaders in Breckenridge fought to make sure that retail marijuana outlets would be barred from opening in the downtown area (so as not to sully the high-end shopping district), so they stuck all the pot shops out by the airport. Aspen still hosts the annual NORML Legal Seminar every May, and the attendees enjoy a high afternoon at Owl Farm, the Woody Creek residence of the late Hunter S. Thompson.



THE OREGON COAST is

unique in America. It's all public land—every bit of coast belongs to the people. From

the northern tip of the Emerald Triangle in Brookings, to Newport on the Central Coast, north to Astoria at the mouth of the Columbia River, you'll find plenty of pot shops along the 363 miles of the Pacific Coast Highway. Buy some firewood and fine weed and drive right out onto the beach, build a fire, watch the sunset, and let some great Oregon green bud turn your campfire s'mores into best snack ever!

America's Coolest Anti-Prohibition Rallies



ANN ARBOR, MICHIGAN is

the site of the first marijuana protest event on the spring calendar: the Hash Bash, which

happens on the first Saturday of April. The event arose from the sentencing of activist John Sinclair, who received 10 years in prison for the possession of two joints. In March of 1972, the Michigan Supreme Court declared the law under which Sinclair was convicted unconstitutional, and on April 1, the first Hash Bash commenced. Ann Arbor is a great college town where the penalty for possession is a mere \$55 ticket.



BOSTON, MASSACHUSETTS

holds the annual Freedom Rally every September on the Boston Common, the birthplace of

American democracy. While previous rallies were always tense standoffs with the cops, who once even arrested our own Rick Cusick and NORML's Keith Stroup for puffing on a doobie, today's rallies are as laidback as the Seattle Hempfest. Decrim was passed here in 2008, and medical marijuana in 2012. This year, Massachusetts is likely to go for the presidential-election-year trifecta by passing a ballot initiative that would legalize pot for adult recreational use—making the 2017 Freedom Rally a must-attend event.



DALLAS, TEXAS isn't someplace you'd normally think of as a top toker destination, but that's only because you haven't

experienced the incredible hospitality of the folks at DFW NORML. Their annual Global Marijuana March, held on the first Saturday in May, is always one of the biggest in America, dwarfing marches in larger cities with much more lenient marijuana laws. You'd also be surprised by how many bar owners in the Dallas–Fort Worth area cooperate with DFW NORML to provide a toker-friendly environment for their numerous events—and even more surprised at how good some of the home-grown weed is in Texas these days.



MADISON, WISCONSIN hosts

the last pro-pot event on the fall calendar: the Great Midwest Harvest Fest, which happens on

the first weekend of October. This year is the 46th annual event making it the longest-running marijuana celebration in America. Who would have guessed that the two oldest such events in the country would both be in the Great Lakes region, not in California or New York? Madison is another great college town with a city ordinance that allows the private personal possession of marijuana, and where getting busted for public possession is just a \$100 ticket. *continued on page 122*





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June 2016 High Times 59



THE SECRETS OF LIGHT-DEP

Master grower Mike Gibson has perfected the art and science of greenhouse growing using light-deprivation techniques to produce cannabis that rivals any indoor product. Story by Richard Edward. Photos by Mike Gibson

he date is September 1, 2015.
Although most outdoor cannabis growers are still a full month away from harvest, Mike Gibson is holding a beautiful, budding flower in the palm of his hand, freshly cut from a plant at his expansive Oregon grow op.

The flower looks great, as is always the case with Gibson's high-quality Bubblegum and OG Kush products. But when he first moved to Oregon, Gibson wasn't happy with his results. He knew in his heart that his flowers could—and should—be more robust.

"Every time it came to middle of the flowering cycle in September, it was a little cold," Gibson recalls. "So the flowers can't expand and get that size they need, because they were flowering too late in the season."

That's when it hit him: light deprivation—i.e., tricking the plants into thinking that the season was changing earlier than it really was. That way, the buds would begin to expand during the warmer part of the grow season, resulting in big, chunky flowers come harvest time.

So Gibson built a light-dep greenhouse, 56 by 26 feet, in his quest to maximize the size of his dynamic, high-quality strains. "Knowing the genetics of my strains so well, I knew that if it was too cold in an indoor setting, the flowers wouldn't get the expansion they need. They love a lot of warmth during their expansion time."

Paul Filomena is the head of Luigi's Farm, a leading consultation agency for large-scale cultivations. He too has been impressed with Gibson's results. "Mike Gibson is the essence and embodiment of a master grower," Filomena says. "I've seen a lot of product, and Mike's is consistently in the top one or two. He's perfected his Bubblegum strain by creating the most optimal growing conditions.

"What I also love about it is that his flowers are grown organically rather than using any pesticides or potentially harmful products such as pyrethrins," Filomena continues. "Instead, Mike makes homemade natural remedies with electrostatic water and citric acid or soap bark. I've had it field-tested by our associates, and it's off the charts. Mike

has mastered it to a level where he's not sacrificing any elements of the grow or the quality of it."

During winter, for example, Gibson takes advantage of the cold air outside by pulling it indoors during the final days of flowering. This causes the flowers to fill up with so much sugar that the rock-hard nugs ooze a clear syrup. "I felt like I'd cracked the code," Gibson says with a smile.

Gibson has been growing commercially for more than 10 years. Originally from Southern California, he spent his teenage and early-adult years in Nevada, where he perfected his OG Kush and Bubblegum strains, which are among the best in the world today.

Three years ago, Gibson moved to Oregon, where he set up an impressive operation featuring indoor and outdoor grows as well as a light-dep greenhouse.

Indoor growing can be a humbling experience, especially if you're cultivating several different strains, which can exhibit extremely disparate characteristics and temperaments. Also, plants subjected to environmental

60 The Secrets of Light-Dep High Times | June 2016







stress—from such things as excessive heat or humidity, overwatering or a lack of oxygen to the roots, among other variables—can result in nutrient-uptake deficiencies, pest infestation, and a halt to THC production.

Gibson's buds, on the other hand, display all the qualities of a superior product: their look and feel, the fullness of the flowers, and their smell and taste. "Taking his indoor experience to the outside has made Mike an elite all-around cannabis grower," Filomena says.

STEP BY STEP

Gibson's approach to light-dep greenhouse growing is meticulous. First, he creates a custom mix for his medium, which includes 20 yards of composted dairy manure, 20 yards of coco, 10 yards of pumice, 200 pounds of crab, fish and seaweed meal, and 80 pounds of bokashi compost. Then he powders the plants' roots with a soluble mycorrhizal formula containing multiple types of beneficial bacteria, yucca, humic acid and kelp during transplanting.

Next, he creates a raised garden bed measuring 45 feet long, with an inner trough 7 feet wide, using 70-pound straw bales, and fills it with his custom soil blend. He also installs a drip-emitter-style irrigation system.

By June 1, he's ready to move his strains into the greenhouse, where he uses the 6-by-45-foot netting to support every "chunky beast" with ease. Then, on June 26, he forces his vigorous crop into flower.

At 7 p.m. each day, the greenhouse automatically deploys its cover to block out the sun, creating a completely dark environment. "If you do it manually, try to be exactly on time," Gibson advises. "This way, your plants will never get confused."

Once it's dark out, though, he retracts the cover. "Most growers think you have to subject the plants to a full 12 hours of darkness to force them to flower," Gibson explains. "Not true—by removing the cover immediately after the darkness sets in, you allow your plants to flourish in the lovely summer nights. Let them experience a natural moonrise and sunrise. The daylight at this point is already getting shorter every day. The plants will begin to flower instantly. It feels magical—'presto change-o' into flower," he adds with a laugh.

A high amount of heat and moisture will build up in the greenhouse once it's completely covered. "It can be very alarming, but my plants weren't upset at all," Gibson says. However, "if you were to leave the cover on for 12 hours, your plants will most likely mold."

On August 29, Gibson's plants are ready to harvest. "I simply squeeze my buds to check the firmness," he says. He finishes them off with a gentle trim and an expert cure. The final result: super-chunky, dense and heavy flowers—10 out of 10 on the quality scale. In fact, the quality was identical to his indoor harvests, Gibson says, but the bud size was considerably larger: 24 plants that produced 83 pounds of tightly trimmed colas.



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GENETIC ADVICE FOR LIGHT-DEP GROWING

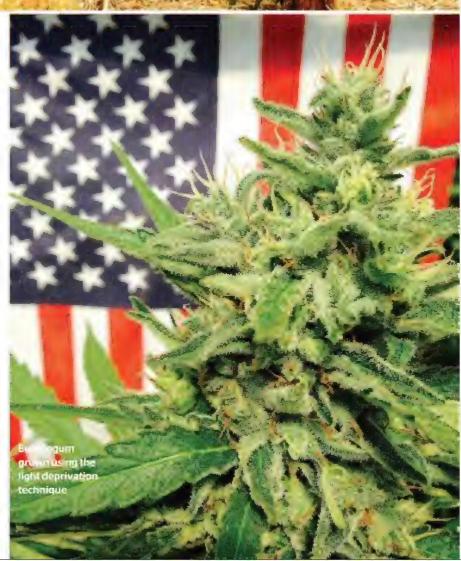
Don't just throw any strain into a light-deprivation run and expect it to produce premium quality, Mike Gibson says. "Different genetics will respond better than others. This will be your biggest variable."

From Gibson's experience with light-dep, he's found that some plants tend to have mold issues, while others have more trouble expanding in colder temps. "If you want to have A-grade product, your genetics are extremely crucial."

Thanks to his adroit networking skills and his persistent efforts to obtain new genetics, Gibson's strains have become top picks at local dispensaries. "Have a keen eye, but more importantly a keen nose," he advises. Currently, his genetic arsenal boasts over 25 strains and hundreds of different phenotypes. And he's always buying new seeds as well as obtaining prize-winning clones from fellow growers. "There is never a time when I'm not preparing for the next run," Gibson states.

In order to keep all of his genetics alive, he uses a very detailed and laborious yet undeniably effective labeling system, from recloning to testing plants in indoor as well as outdoor runs. Along the way, he's had to make heartbreaking decisions regarding which plants to keep and which to discard.

"After being in this industry so long, I still feel the most exciting part is popping the next seed open," Gibson concludes. "I've said it before and I'll say it again: You can be the best cannabis grower in the world, but your genetics are the key."





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THE SCIENCE BEHIND LIGHT DEPRIVATION: WHAT WE DO (AND DON'T) KNOW

By Science Editor Sirius J

Flowering is controlled by the plant's natural response to light, referred to as photoperiodism. This complex process of interacting factors plays a pivotal role in plant reproduction, fruit and grain production, and so forth. Indeed, the entire world's food supply relies on photoperiodism as much as it does on the sun rising every morning. Yet despite its fundamental importance to life on earth, the science behind this phenomenon remains mostly a mystery.

Scientists don't fully understand why seasonal changes in the length of days induce flowering in plants, but the pieces of the puzzle we do know have helped cannabis growers produce better pot more efficiently for decades. So don't keep yourself in the dark: This added knowledge will let you understand your plants on a more fundamental level and help you to troubleshoot—or avoid altogether—any issues you may encounter while growing.

When it comes to photoperiodism, cannabis falls into the category of short-day plants (SDPs), since it initiates flowering during the shorter days that come at the end of summer and the beginning of fall. Other plants initiate flowering with the start of longer days in the spring; these are known as long-day plants

(LDPs). In either case, a hormone known as florigen induces the flowering response thanks to the plant's natural circadian rhythm.

Short-day and long-day plants differ in the ways they flower, but the mechanisms of their circadian rhythms have some similarities. LDPs use the transition from night to day as their reference point, but SDPs use the transition from day to night as their trigger.

In either case, the plants are responding to the length of the night, not the day. This means that a cannabis plant's flowering cycle can be disrupted or even reversed if the plant is exposed to bright light during its dark period. On the other hand, a period of darkness during the day doesn't affect the plant's circadian rhythm and will not disrupt its flowering.

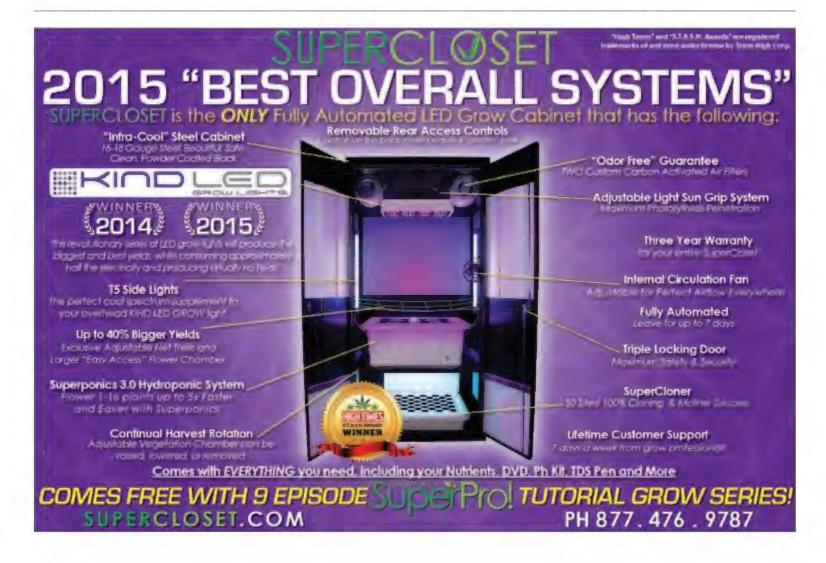
Dim light during the dark period, such as that of a full moon at night, won't disrupt the plant's flowering stage in small amounts. Cannabis plants are mainly sensitive to red and blue light, and some growers use narrowband green LEDs to work in their gardens when the grow lights are off.

For SDPs like cannabis, exposure to light on the red and far-red end of the spectrum helps induce flowering because the plant's phytochrome (a light-sensitive photoreceptor compound) specifically triggers the expression of a gene that participates in flowering. This flowering response to red light explains why many growers use warm-colored high-pressure sodium (HPS) lamps for the

flowering stage and cooler-hued metal halide (MH) lamps for vegetative growth.

Flowering happens in accordance with the circadian rhythm of the plant, which marks the time with an internal clock set to a 24-hour schedule, no matter the season of the year or whether the plant experiences constant conditions. That said, plants that use the photoperiod to regulate their flowering, like cannabis, are more sensitive to a disruption in their internal clock if they're grown under 24 hours of light. Not only does constant light require exorbitant amounts of electricity, but some research shows that plants can absorb only a certain amount of light each day. The daily light integral (DLI) is the totality of the light that a plant receives on a given day, and it's a useful measurement for growers who want to optimize both their electricity usage and their plants' growth.

An inexpensive spectrophotometer can give you a decent estimate of your DLI. Some anecdotal evidence points to 25 mol⁻¹m⁻²day⁻¹ (25 moles of photons per square meter per day) as the "saturation point" for cannabis. After this saturation point is reached, the plant doesn't require further light except to maintain its light schedule. Greenhouse growers use the DLI to determine if they need supplemental lighting to ensure high yields, but many indoor growers haven't tapped into the full energy-saving potential of switching to low-wattage lights after reaching this saturation point. *



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Why Marijuana Growing Education Is a Top Priority for Advanced Nutrients

The medical marijuana industry is growing every minute. Legal marijuana is the fastest-growing industry in the U.S. and a slew of other businesses are jumping on the bandwagon as well. At present, 23 U.S. states allow medical marijuana use, while 7 have legislation pending to issue licenses for it.

4 states and Washington, D.C. have legalized cannabis outright, while another California referendum in 2016 will allow recreational use in a state that was the first to permit medical marriuana use way back in 1996. It is estimated that medical marriuana is already a multibillion-dollar industry (without counting recreational sales)

While a great deal of information and misinformation appears daily on the Internet, novices and more advanced growers alike are always looking for a source of reliable information which can serve to improve their yields, both in terms of quality and quantity. A whole community of growers inhabit the growers forums and are always looking to perfect their growing skills, without having to wade through hours and hours of irrelevant or misleading forum posts.

GMU is a bold step in a better direction, and by elevating the general level of education among growers, the quality of marijuana, especially as medicine, will skyrocket worldwide. This isn't just for connoisseurs, it's for children with epileosy, as well as adults suffering from the effects of chemotherapy, chronic pain, and glaucoma. Thousands of YouTube videos help document the impressive results of therapeutic cannabis use.

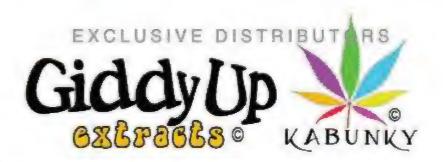
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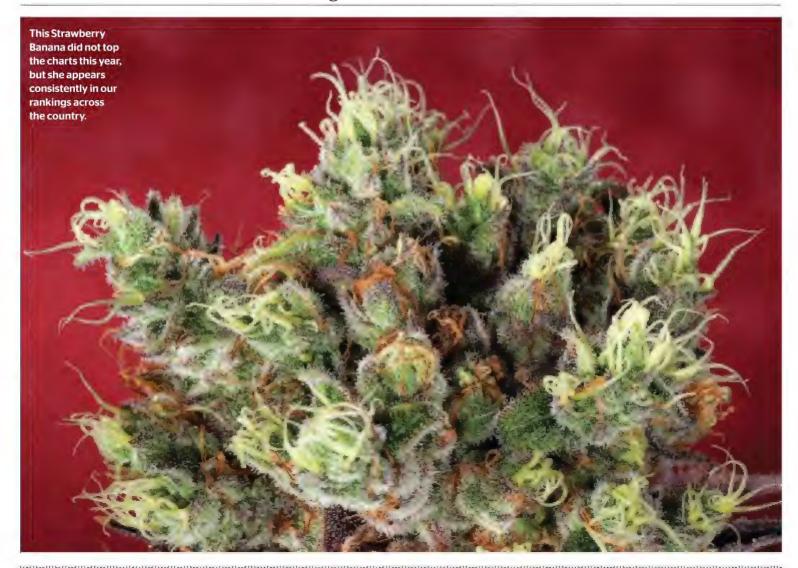
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June 2015 **High Times** 69

STRONGEST STRAINS STRAINS ONEARTH

By Nico Escondido



t the start of 2016, we examined the six High
Times Cannabis Cups from the previous year and
the thousands of entries they tallied. The goal? To
ascertain which entries deserve to be called the
strongest strains on planet Earth.

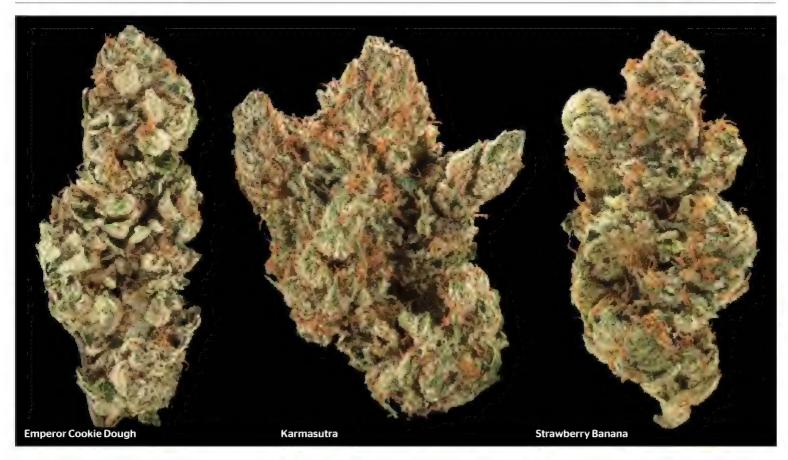
In years past, we've built our "Strongest Strains on Earth" list simply in order of potency. But we've reorganized the article to categorize these potent strains by their place of birth. (Readers enjoyed this format last year, so we'll use it again.) These

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rankings represent only one data point: THC potency, as determined by lab testing. They do not include the judges' scores or notations, or any other cannabinoids or terpenes (the latter can be read about in our new annual feature, "The Best-Tasting Buds on Earth"). However, this year we've included a short list of the strongest CBD strains from 2015 to complement our THC charts.

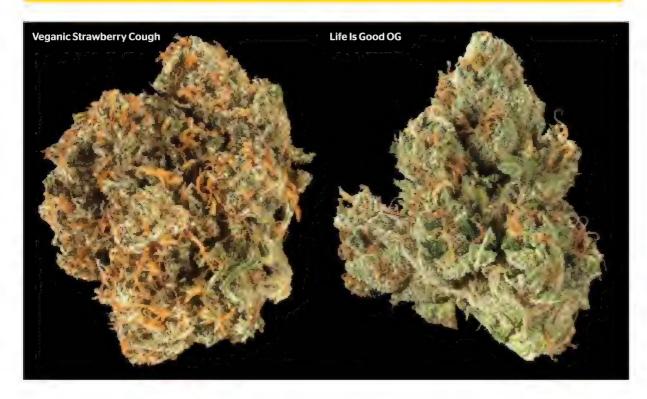
So if you're looking for a strain with a knockout punch, one that will get you high when you're feeling low—you're in the right place!

70 Earth's Strongest Strains High Times June 2015



REGION: SOUTHERN CALIFORNIA

STRAIN	COMPETITOR	2015 Cannabis Cup	CATEGORY	% ТНС
Emperor Cookie Dough	Greenwolf LA	Denver Cup	Hybrid Flowers (US)	31.1
Karmasutra	Cali Kush Farms with Karma Squad and Reeferman Genetics	World Cannabis Cup	Medical Hybrid	29.72
Strawberry Banana	Green Country Rebellion w/ Cali Natural	LA Cup	Medical Hybrid	28.4
Veganic Strawberry Cough	Private Stock for Buds & Roses of LA	Denver Cup	Sativa (US)	28.31
Life Is Good OG (bx OG F6)	Life Is Good	World Cannabis Cup	Medical <i>Indica</i>	27.2



Notes: The Emperor Cookie Dough, a cross between Emperor OG and Girl Scout Cookies, was entered into the Denver US Cannabis Cup by Greenwolf LA crew and is one of only two strains ever to cross the 30% threshold for THC. The other strain to do so? Keep on reading...

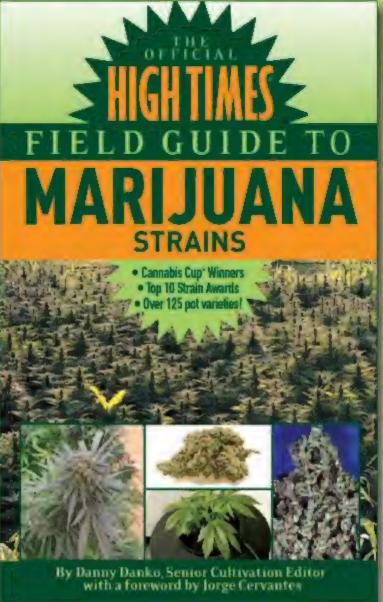
- Karmasutra, a collaboration project, is a hybrid of the Karma OG crossed with Rockstar. Rockstar has two known versions: The Canadian version is a Bubba Kush x Lemon OG, while the European version is Rockbud x Sensi Star.
- Veganic Strawberry Cough has been included in our "Strongest Strains on Earth" compilation (hereafter, The List) for three out of the five years that High Times has been running it. In 2012, the VSC maxed out at just over 20% THC. Meanwhile, veganically grown strains (using Kyle Kushman's Vegamatrix line) have made The List seven times in the past five years.

"In this excellent field guide, Danny's years of experience translate into easy-to-reference information on more than 125 strains, all at the flip of a finger, condensing everything you need to know into an easy-to-read, well-researched, concise package—with great photos too!"—Jorge Cervantes,

Author of Marijuana Horticulture: The Indoor/Outdoor Medical Grower's Bible











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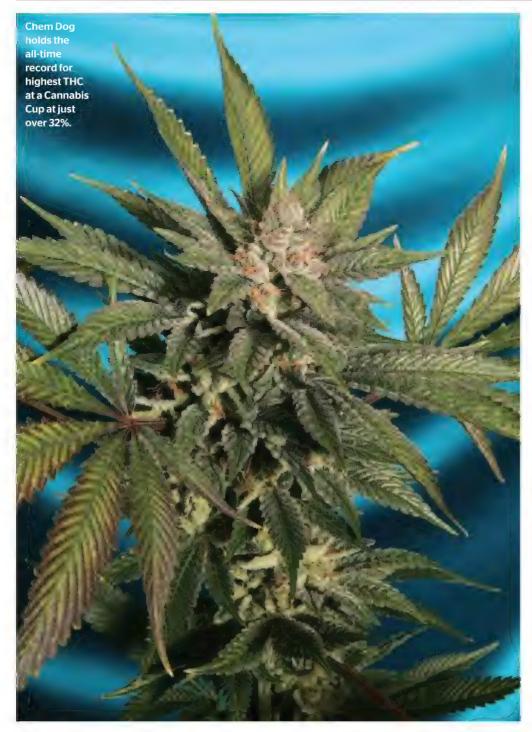




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72 Earth's Strongest Strains High Times June 2015



Mile High Has Record High

This feature has been running annually in our hallowed pages for five years now. The previous high mark for potency was 28.35% THC for the Bruce Banner #3, set in 2013 at the Denver Cannabis Cup. Since that time, we've discussed at length just how high a cannabis flower could go, physiologically speaking, in terms of THC. We've also discussed the various lab-testing methodologies used by labs in different states. We asked the experts if we would see an end to these skyrocketing values, or would cannabis simply continue to progress until we had buds testing at over 50% THC? The truth is, there has to be a ceiling at some point: After all, a flower can't be 100% THC.

In 2015, we reached a new milestone in the Mile High City, crossing the 30%

threshold for the first time ever at a High Times Cannabis Cup competition. Sure, we've heard rumors about strains climbing as high as 35%—we've even examined reports submitted by growers and prepared by no-name labs. But these reports won't be considered valid until we can certify the lab and its testing protocols, as we do for each Cup competition we hold.

In Denver, we had not one but two flower entries break the barrier and cross into a new realm of cannabis potency. And while both were entered in the same Cup, they were grown in different states, by different growers, using different genetics and techniques. Still, it's important to remember that while we validated the testing methods used, we had only one lab running samples at this Cup, as opposed to our normal protocol of two separate

labs running the samples independently.

Greenwolf, a celebrated LA dispensary, brought to the Denver Cup their Emperor Cookie Dough, which tipped the scales at 31.1% THC—an impressive number, to say the least. And then we have our good friends at Next Harvest, a perennial contender from Denver, whose Chem Dog cut surpassed the 32% mark and set the bar with a new all-time high of 32.13% THC.

This comes as no surprise to anyone who's ever smoked a pure Chem Dog, which just happened to originate from seeds found in a pound of cannabis grown in Denver in the 1990s (and known simply as "the Dog" back then). Today, we no longer question the results, but instead celebrate the unknown. And one day, sooner or later, our questions will finally be answered as to just how high this precious plant can take us.

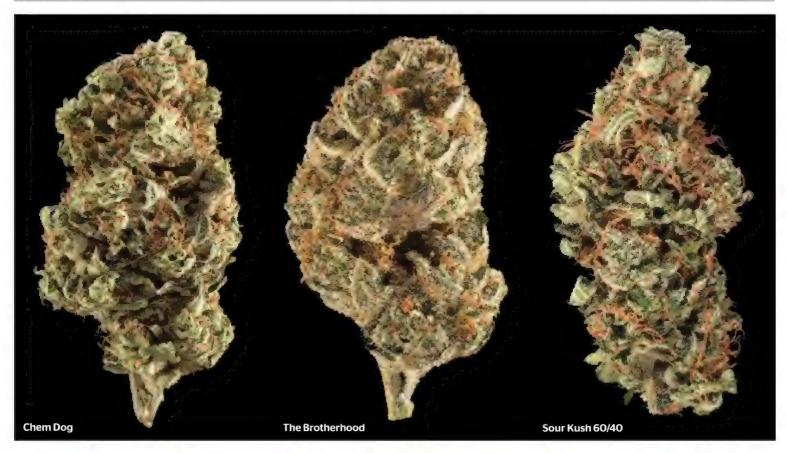
Would cannabis simply continue to progress until we had buds testing at over 50% THC? The truth is, there has to be a ceiling at some point: After all, a flower can't be 100% THC.

We'd like to pause here and thank our partner labs for providing such excellent and thorough lab results for our Cannabis Cup competitions in 2015:

- LA Cannabis Cup: lab-testing results by CSA Labs, Los Angeles, using gas chromatography-mass spectrometry (GC-MS).
- Denver Cannabis Cup: lab-testing results by Charas Scientific, Denver, using high-pressure liquid chromatography (HPLC).
- San Francisco Cannabis Cup: lab-testing results by Steep Hill Labs, Berkeley, using HPLC.
- Michigan Cannabis Cup: lab-testing results by Iron Labs, Walled Lake, using GC-MS, and by PSI Labs, Ann Arbor, using HPLC.
- The World Cannabis Cup: lab-testing results by CSA Labs, Los Angeles, using HPLC.
- Jamaica Cannabis Cup: Lab-testing results by Steep Hill Labs, Berkeley, using a Quanta-Cann-2 (IR-referenced technology), and in conjunction with the University of Technology, Kingston, Jamaica.

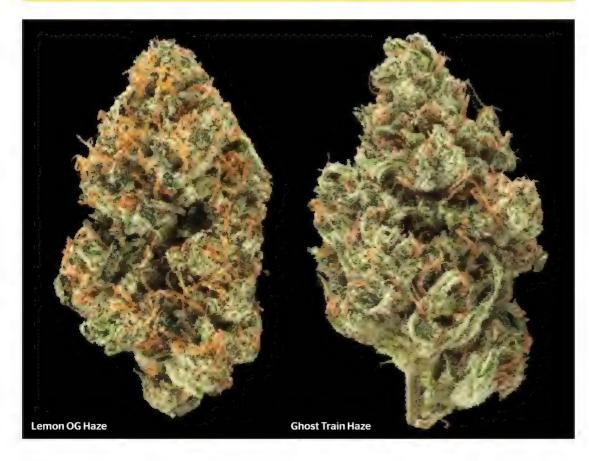


74 Earth's Strongest Strains High Times June 2015



REGION: COLORADO

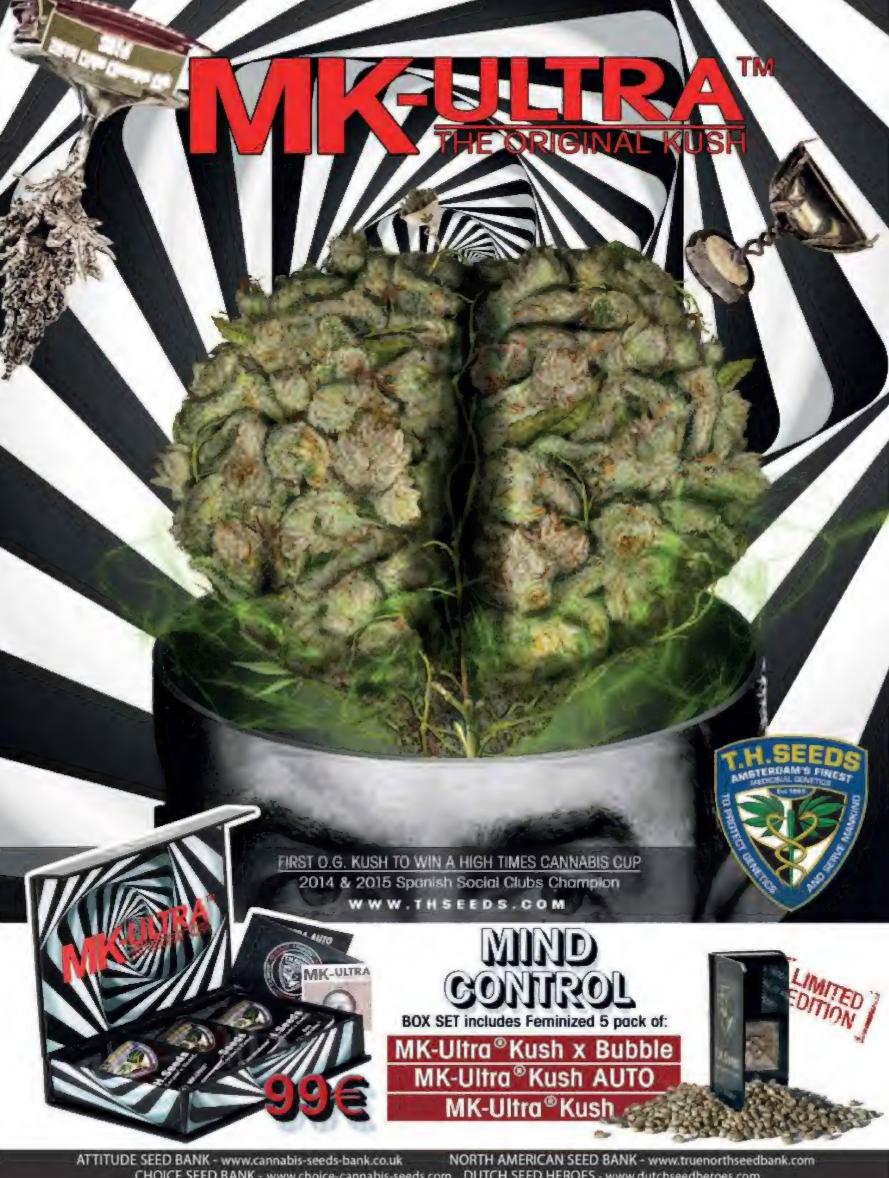
STRAIN	COMPETITOR	2015 CANNABIS CUP	CATEGORY	% THC
Chem Dog	Next Harvest	Denver Cup	Indica	32.13
The Brotherhood	Animas Herbal Wellness Center	Denver Cup	Indica	27.65
Sour Kush 60/40	Black Dog LED	Denver Cup	Hybrid (US)	26.6
Lemon OG Haze	Ethos Seed Company	Denver Cup	Sativa (US)	26.14
Ghost Train Haze	Greenman Cannabis	Denver Cup	Sativa	25.74



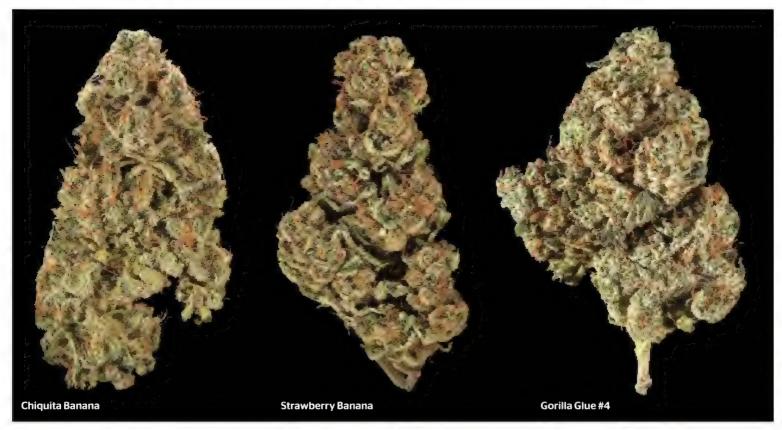
Notes: It's no surprise that this year's strongest strain—and the new record holder for the highest potency ever recorded at a High Times Cannabis Cup event—is none other than Chem Dog.

Reaching 32:13% THC, the Chem has achieved what most of us thought was impossible and leaves us asking one basic question: Just how high can a flower go in terms of potency?

- The Brotherhood was another organically grown entry that hit nearly 28% THC. Propagated from seed, her lineage stacks up like this: (Willie's Wonder x Grape Krush) x (Bubba '91 x The White).
- The Sour Kush was grown under a purple LED light, and she still went over 26% THC. Does this mean that limited-spectrum LED lamps are healthy for plants—or that the plant was stressed, producing more resin to attract pollen in order to ensure its survival? And if the latter, do you care? The debate continues...
- The Ghost Train Haze appeared in our very first "Strongest Strains on Earth" feature, taking the prize for the most potent strain of 2011 at 25.49% THC. In 2014, she was our THC champion again at nearly 27.46%. Entered last year by the fine grow team at Greenman Cannabis in Denver, the Rare Dankness-bred strain dipped slightly, but we suspect she'll be back again next year looking for the top slot.

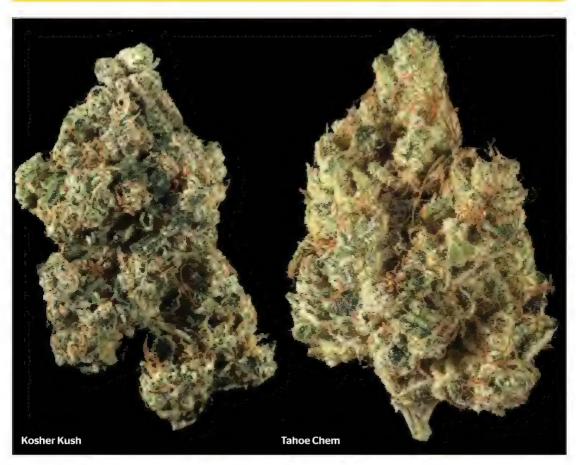


76 Earth's Strongest Strains High Times June 2013



REGION: NORTHERN CALIFORNIA

STRAIN	COMPETITOR	2015 CANNABIS CUP	CATEGORY	% THC
Chiquita Banana	Utopia Farms	World Cannabis Cup	Medical Hybrid	27.16
Strawberry Banana	Crockett Family Farms	Michigan Cup	Medical Hybrid	26.0
Gorilla Glue #4	Green Acres	SF Cup	Medical Hybrid	25.8
Kosher Kush	Santa Cruz Veterans Alliance	SF Cup	Medical <i>Indica</i>	25.6
Tahoe Chem	C.R.A.F.T.	SF Cup	Medical Hybrid	25.5



Gorilla Glue #4 has been steadily gaining in popularity over the past few years, combining a unique flavor with a very potent high.

Notes: Chiquita Banana, a relatively new name in the fruity strains, is likely a backcross of the Banana Kush (or Banana OG) out of NorCal, with her potency derived from one of her parents, the epic Ghost OG cut.

- Appearing twice on The List for 2015, the Strawberry Banana also was named one of "The Strongest Strains on Earth" in 2014, coming in at 22.51% THC. Additionally, she recently showed up in our "Best-Tasting Buds" feature (March '16) boasting a very prolific terpene profile. A cross between Bubblegum and Banana Kush (OG), the SB goes nine weeks in flower.
- Gorilla Glue #4 has been steadily gaining in popularity over the past few years, combining a unique flavor with a very potent high. A super-cross of Sour Dubb x (Chem's Sister x Chocolate Diesel), she's a sativa-dominant hybrid that's been making her way across the country, and has reportedly even been seen on a menu or two in Dutch coffeeshops.



CANNABIS ENCYCLOPEDIA



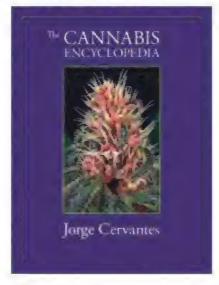
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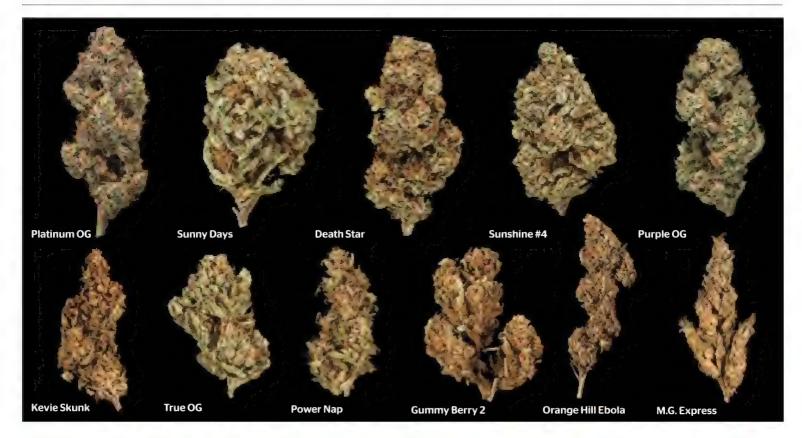




jorgecervantesmj



78 Earth's Strongest Strains High Times June 2013



REGION: MICHIGAN

STRAIN	COMPETITOR	2015 CANNABIS CUP	CATEGORY	% THC
Platinum OG	Herbal Solutions - Ypsilanti	Michigan Cup	Medical <i>Indica</i>	27.1
Sunny Days	Jackson County Compassion Club	Michigan Cup	Medical Sativa	26.7
Death Star	IDK Farms & Great Lakes Water Only with Detroit Nutrient Co	Michigan Cup	Medical Hybrid	26.1
Sunshine #4 by Bhodi Seeds	The Green Room Detroit	Michigan Cup	Medical Hybrid	25.95
Purple OG	Herbal Solutions	Michigan Cup	Medical <i>Indica</i>	25.9

Notes: The Sunny Days doubtless gets her potency from her father, the Ghost Train Haze #1. This particular *sativa*-dominant hybrid is a GTH backcross whose lineage is represented as (Grape Stomper x GTH #1) bx GTH #1. This entry, hitting nearly 27% THC, was organically grown.

- Death Star has been around for a while, but the Sour Diesel x Sensi Star cross has never quite lived up to initial expectations. This pheno, however, achieved new heights when grown in all-natural soil and organic nutrients from the Detroit Nutrient Company. See a trend?
- Sunshine #4, an OG x Cherry Pie x Pink Panties cross, first made headlines in our "Best-Tasting Buds" feature this past March, boasting 2.2% total terps, with myrcene heading the roster. Combine that with nearly 26% THC, and you get a potent flower that took home first place in the Best Hybrid category.

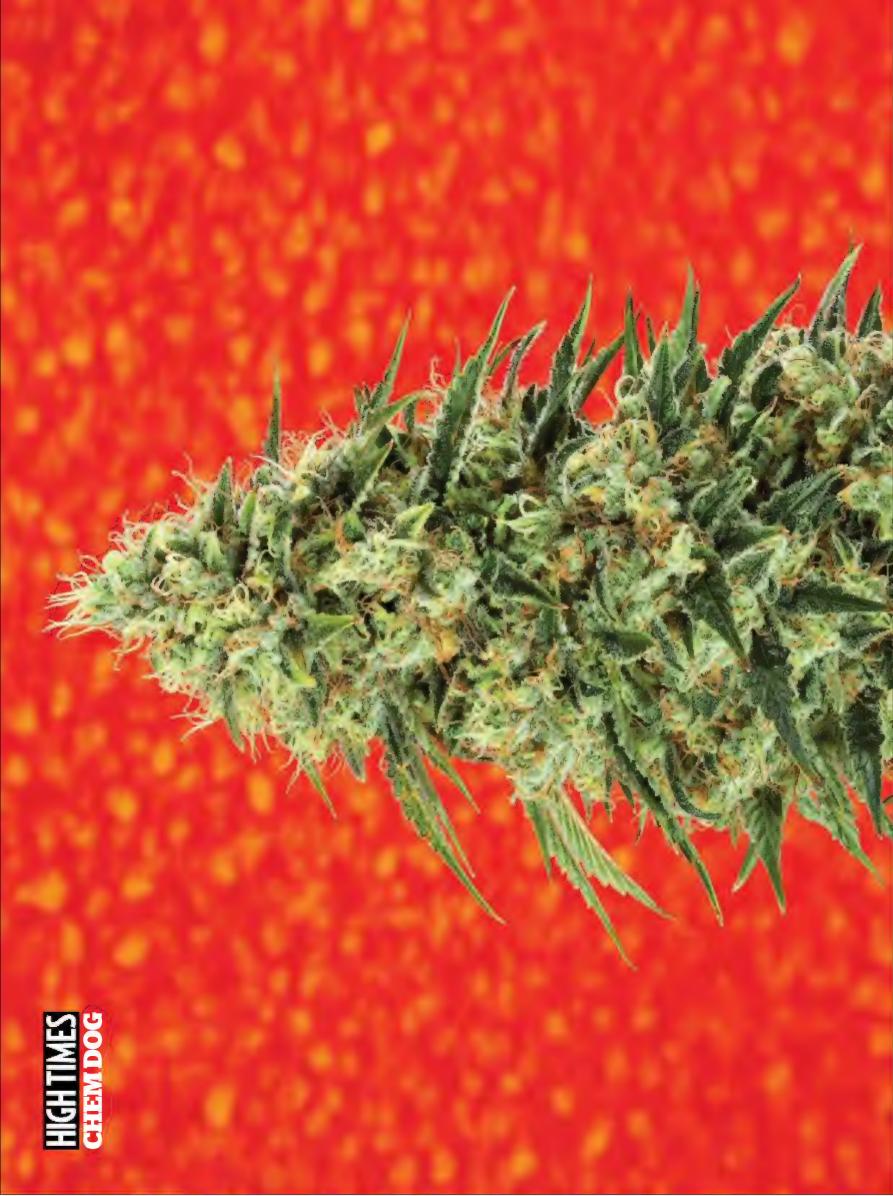
REGION: JAMAICA

STRAIN	COMPETITOR	2015 CANNABIS CUP	CATEGORY	%THC
Kevie Skunk	St. Bess Ganja Growers - Kevin Samuels	Jamaica Cup	<i>Indica</i> Flowers (Outdoor)	17.8
True OG	Kingston Skinny	Jamaica Cup	Mixed Indoor Flowers	17.4
Power Nap	Sunspice/Igadi Global Ja/Louis Chase/Maurice Ellis	Jamaica Cup	Mixed Indoor Flowers	16.8
Gummy Berry 2	Bongo Mannie	Jamaica Cup	Indica Flowers (Outdoor)	16.6
Orange Hill Ebola	Juna Johnson	Jamaica Cup	Indica Flowers (Outdoor)	15.8
M.G. Express - G.O.E. Original	St. Bess Ganja Growers - Glendon Elcis	Jamaica Cup	Sativa Flowers (Outdoor)	15.4

Notes:The Jamaican Cannabis Cup featured entries grown only in Jamaica, with the categories divided into Indoor, Outdoor Sativa and Outdoor *Indica* for flowers. The average indoor flower potency was 15.5% THC. Out of 53 total flower entries, the average outdoor potency was 10.1% THC for *indicas* and 10.4% THC for *sativas*. These averages represent the values for activated (decarboxylated) THC.

- Each province or parish of Jamaica is represented by a primary ganja growers' association, and many of the entries were supplied via these organizations. Rastafarians comprise a majority of these growers and have been cultivating some of these strains for many decades. They were central in organizing this Cup competition.
- St. Bess Ganja Growers, which provided two of the most potent entries in the Jamaica Cup, as well as the St. Ann's Botanical & Agro Processing Cooperative and the Orange Hill growers (of Westmoreland), were among the top associations of island cultivators. The True OG was grown from seeds purchased from Elemental Seeds.
- Eight of the 26 entries in the Best Indica category, or 31%, tested for high CBD levels (over 3%). The highest was 9.2% CBD, in a strain called Black Willy from the Accompong Maroons, Jamaica's oldest indigenous people.









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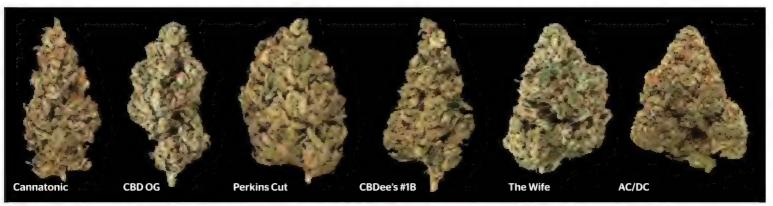
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SEAN DIAMOND



CBD: THE HIGHEST LEVELS

STRAIN	COMPETITOR	2015 CANNABIS CUP	CATEGORY	%CBD	% THC
Cannatonic	IDK Farms & Great Lakes Water Only with Detroit Nutrient Co.	Michigan Cup	CBD Flowers	20.8	0.8
CBD OG	C.R.A.F.T.	World Cannabis Cup	CBD Flowers	19.5	9.01
Perkins Cut Cannatonic	Mota Rebel Genetics	Michigan Cup	CBD Flowers	18.8	0.7
CBDee's #1B	Pure West Compassion Club with Light Sky Farms	Michigan Cup	CBD Flowers	18.6	0.7
The Wife	Green Grass Central City	Denver Cup	CBD Flowers	16.57	0.67
AC/DC	Emerald Triangle Genetics	LA Cup	CBD Flowers	15.4	0.8

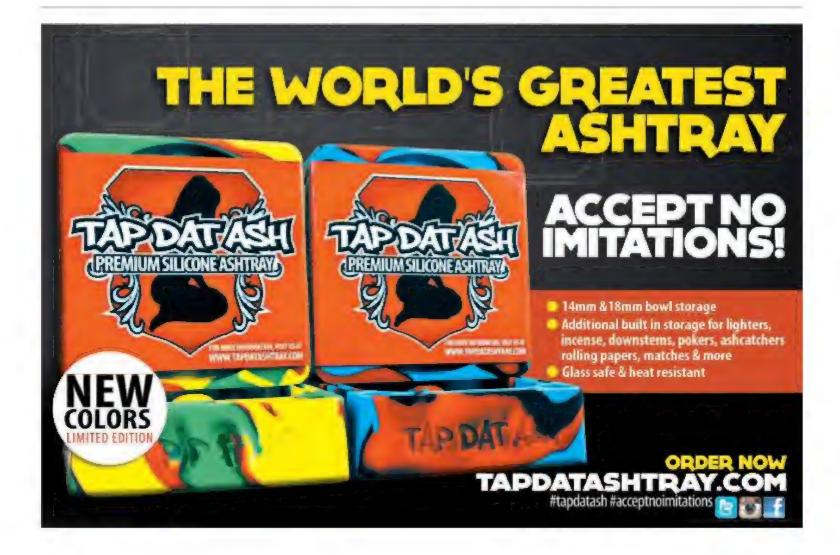
Strongest CBD Strains

As THC potency rises, so too come increasing CBD levels. We never thought we'd see the day when CBD actually catches up to THC, but that sentiment is now being challenged as we witness CBD strains crossing the 20th percentile for the first time ever.

In comparison with the results in the THC category, the CBD strains were tested by three different labs

across four separate competitions, with values coming back between 15% and 21%. The top CBD strain, a Cannatonic phenotype We never thought we'd see the day when CBD actually catches up to THC, but that sentiment is now being challenged.

that's been circulating in the northern US for the past several years, also hit 19% CBD at the Michigan Cup in 2011. **



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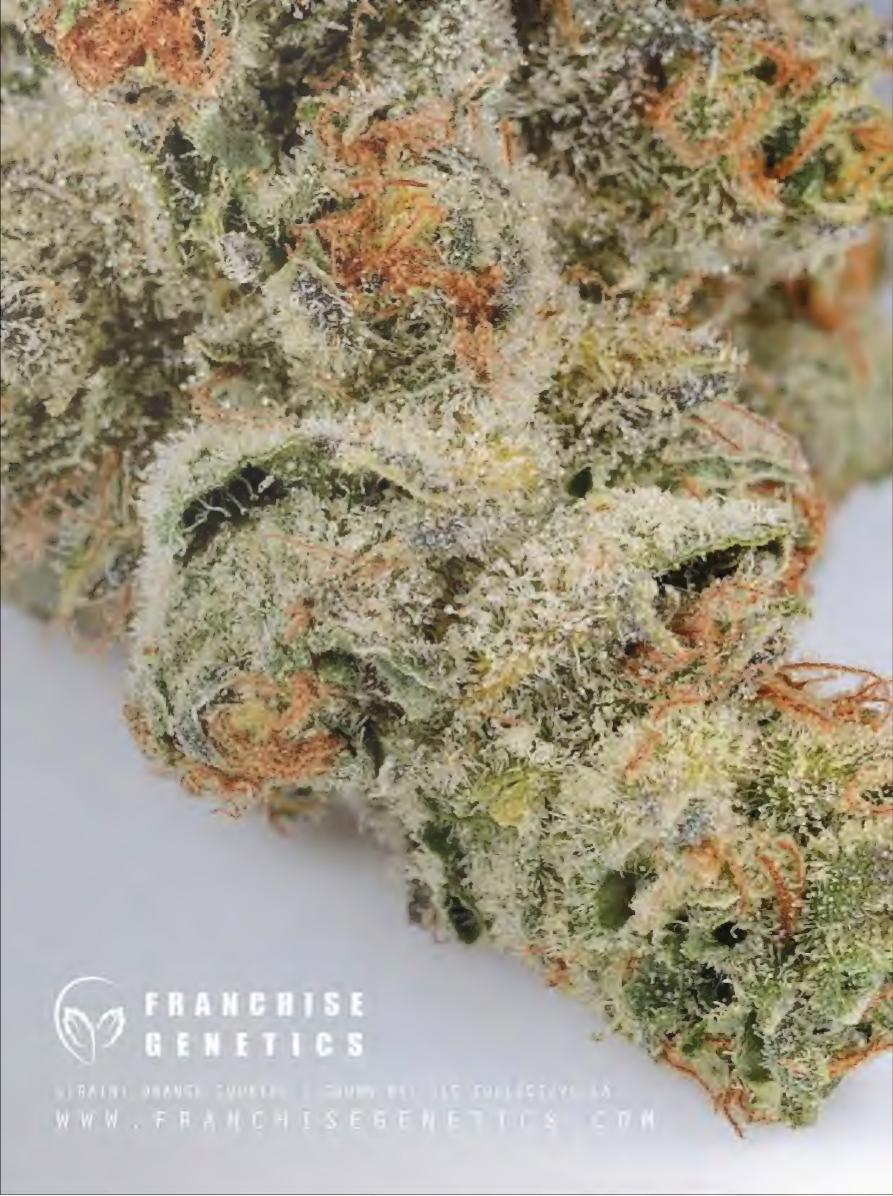
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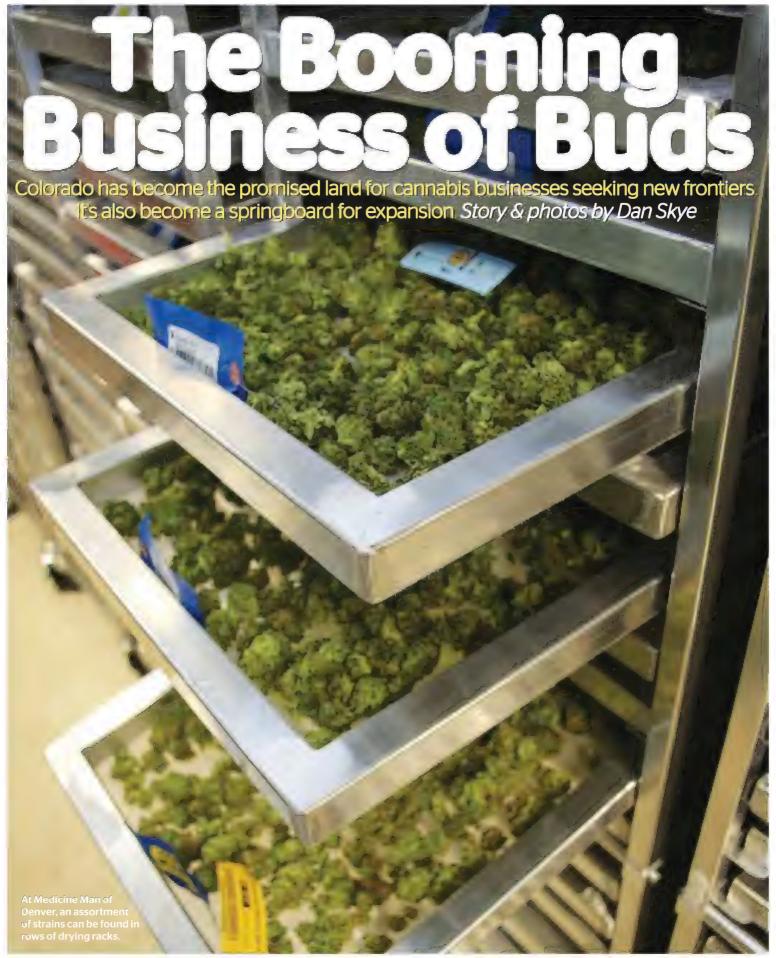


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xperts are predicting that legal cannabis sales will approach \$7 billion in 2016. And by 2020, that figure is expected to triple! With seven more states poised to legalize pot completely for adult use—California most

notably—the future of the cannabis industry has never looked so bright.

Colorado remains the most attractive setting for investors. In 2012, voters busted through the legalization barrier, ending marijuana prohibition in the Rocky Mountain

State. Then, January 1, 2014, recreational pot shops opened their doors.

Ever since, the cannabis industry has burgeoned beyond anyone's expectations, fueled by entrepreneurs with their eyes on the future.

90 The Booming Business of Buds



Brooke Gehring, CEO of Live Green Cannabis

Live Green Cannabis and Patients Choice of Colorado make up our state-licensed medical and recreational marijuana company. We have four locations in Colorado: two in Denver, one in Lakewood, and one in Edgewater that's open seven days a week from 8 a.m. until midnight.

We have two largescale indoor-cultivation

operations in Denver, along with a strategic alliance with a greenhouse cultivator in the Roaring Fork Valley of Colorado. On a national level, we're a partner in licenses in Minnesota and New York. Each state will have four storefronts. We also have the potential to operate in Hawaii and Maryland by the end of this year. In the next five years, we hope to more than double the of size our Colorado operation and expand our brand and expertise to several new medical and legalized markets. We may not be the biggest operator out there, but we always strive to be one of the best.

Genetics and innovation are the future of Colorado's marijuana industry. The state has the most legal licensees per capita in the country, so ultimately those cultivators who can consistently produce quality flowers and



products to meet the increasing demand from their customers—all while navigating the complexities of overregulation—will be the brands and teams that flourish. The cost of compliance is on the increase, so those who run their companies like a normal business—who choose to comply, and who never forget that this plant has a purpose—will carve their niche in this marketplace. That's why Colorado is the model!

On a national level, we need leadership that believes in sound social policy. Tax reform and banking services are a necessity! The science of innovation, as well as the formulation and dosage of cannabis products, is finding its place in this industry. As the medical and adult-use markets truly evolve, the industry will change too. **Visit livegreencannabis.com.**



Andy Williams, CEO of Medicine Man

Medicine Man Technologies is our consulting company. We provide the know-how for people who have the desire, the passion, the money, and the contacts and want to get into the cannabis industry. We're talking dispensary, cultivation and manufacturing.

In the beginning, there were no regulations—I always was scared, looking around corners for black SUVs. Thankfully, that never happened. When we started in 2009, our total revenue was about \$200,000. We lost money, but we've been growing ever since. Last year, we did close to \$18 million in sales; we've been pretty close to doubling every year.

We only have two stores—one in Denver and one in Aurora that used to be an Arby's. They're very high volume. We took a different path: A lot of people want lots of stores and actually have multiple small grows all over the place. We went with one large cultivation site. We grow 100 percent of our own cannabis for our stores. We want high-quality, low-cost, consistent, safe cannabis

delivered with great customer service. Everyone asks: "What's your secret?" That's my secret, and I don't mind telling people but it's not so easy to do.

We don't breed, but we have quality genetics. Blue Dream, of course, is popular everywhere. We have a great strain of that—it's good, big and fast. As a matter of fact, in 2014, we sold \$625,000 worth of Blue Dream.

We have 65 people working at Medicine Man. At MM Technologies, we have another half-dozen working full time and with contractors as well. We're looking to put Medicine Man in Oregon, Illinois and Nevada.

There's going to be a consolidation in this industry. I know some people don't relish that fact, but as soon as the tolerance level for big companies gets low enough, they're going to buy up people in the industry. We have a good name and the knowhow to do things. I want make sure that we're positioned properly rather than being rolled over. *Visit medicinemandenver*.



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Erik Knutson, CEO of Keef Cola

I was born and raised in Boulder; I'm third-generation here. My brother Kelly and I applied for one of the first 10 marijuana-business licenses in Boulder. It was literally us just going in and getting a sales-tax license—I think it cost us \$100. We opened up a dispensary and did all the construction ourselves. But we only operated it for a couple of months. The operation itself is still in business today—it's Green Dream Health Services. But we got out of it.

We founded Keef Cola in January of 2010. We gravitated towards the beverage for a couple of reasons. First, we didn't want to reinvent the wheel. Throughout the history of man, the two most commonly accepted forms of social adult interaction are drinking and smoking. That reflects our current product line: We only manufacture

vape pens and beverages.

We're exclusive in Colorado right now. We have licenses and an agreement executed in Oregon—hopefully, within the next quarter, we'll start operations there. And we have a serious interest in California.

As far as the technology of producing beverages, we're pretty much self-taught. We hired a couple of consultants and some scientists to help with the formulations to ensure that everything was right, but for the most part it was self-taught.

Keef Cola is a carbonated cannabis beverage. We produce 30,000 to 50,000 units a month. Doses vary depending on whether it's a recreational or medical product. For adult retail use, it's 10 milligrams in the 12-ounce beverages, so it basically mimics a beer. On the medical side, we offer a 100-milligram dosage—the highest level in our products.

About two years ago, we made a decision to begin producing strain drinks. We don't have any cultivation operations; we source everything from our partners. We chose pretty common genetics that were easy to grow and ended up with drinks like Bubba Kush Root Beer, Cherry Bomb Cola, the Orange Kush soda and Purple Passion. We won the Cannabis Cup last year with the 100-milligram Bubba Kush Root Beer.

One of the other things that we've developed, beginning in 2012, is our own extraction-equipment company. We're one of only four approved supercritical/subcritical CO₂-extraction manufacturers in the US right now that are certified to have their products sold in the Denver market.

It's survival of the fittest at the end of the day, but I truly believe that we're meant to be here. There's a guiding force; this plant has so much energy behind it. It can't be killed—it can't be stopped. *Visit keefcola.com.*

Jan Cole, CEO of The Farm

I started out in August of 2009. I saw a niche that hadn't been filled: the idea of catering to women and older folks and people who weren't the young, typical twentysomething dude. I come from the spa industry—health and wellness—so I set many services throughout the day to stress inner health in our medical store.

It's been quite a circus since regulation started in 2010. We've had to restructure and reorganize. We had out-of-state people that we needed to buy out, and we had to make sure that we had enough cultivation to fulfill the demand. So we ended up buying more grows—seven smaller grows. It's been bootstrap the whole way. Instead of taking on big investor money and building giant facilities, we've purchased small facilities as we can afford them. The Farm is quite known in Colorado because of the way that we grow, which is kind of different from some.

We have two stores, both in Boulder, and we have 116 people on staff for our two shops and seven grows. We have really great product, and I think some of it has to do with the fact that it's small-batch. We do a lot of our pest management with beneficial bugs, working with a PhD

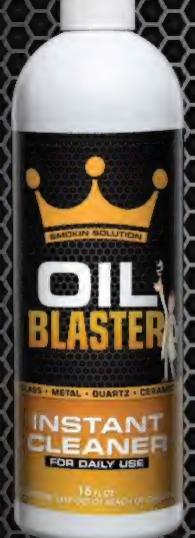


entomologist from Berkeley.

We've kind of gone slow, because we haven't wanted to take money from people that I don't like or lose control of the company. I've seen too many people who haven't had good

experiences, so I've been maintaining control, staying small and growing properly rather than taking over the world. That's kind of my style. **Visit thefarmco.com.**

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94 The Booming Business of Buds High Times June 2016



Josh Ginsberg, CEO of Native Roots

Rhett Jordan and I formed a partnership in 2013. We merged with a third party, a silent investor, and hit the ground running. That was the real start of Native Roots today.

We saw the future, where cannabis was heading. Luckily, we had the foresight to build a facility, which we call the "mothership," that will allow us to supply all of our stores. We have a lab right now where we make all of our concentrates, and we're building a 14,000-square-foot multifaceted kitchen. What we're trying to do is give the consumer the same exact concierge experience everywhere they go, with the most up-to-date and complete information. There are so many new people coming into the space. We want them to be safe, we want them to feel confident, and we want them to come back. We want them to enjoy what they're doing. So every store of ours you go into has the same skin on a different skeleton.

Customers are handled by one budtender, not shuffled through a store from person to person to person. We operate very clean, immaculate stores—like an Apple Store. Right now we have 14, and we're in the process of building five more—all in Colorado.

We're always open to expansion, but we want to wait—let all these other municipalities figure it out. We don't feel it makes the most sense for us businesswise to venture into other states yet. Colorado has built a model that works. It's taken us years to develop, and years for the legislators to get it to where they want it: ensuring that consumers are getting the best, safest product. *Visit native roots303.com.*



Josh Haupt, CEO of Three A Light

My book *Three A Light*, which was released late last year, offers a thorough review of the marijuana growing process from seed to flower. The objective is to harvest three pounds per light. We're based in Colorado, so Mother Herb here in Las Vegas is our first proof-of-concept grow. Mother Herb has 11,000 square feet here and can expect to harvest roughly 200 pounds a month. When you hit those numbers, you hit profit margins that are very exciting.

My franchise model is to offer two per state. We want to be your partner in profit. I don't want to breed competition for these guys.

I'm enabling growers to have the ability to essentially create a successful model with me stepping in for a couple days every ten days, visiting the facility, auditing things and making sure that all of our humidities, temps and environments are on point.

If you're in a new state and don't know what you're doing, give us a call. We can make sure that you're successful right out of the gate. That's our goal. We can provide a great outcome. **Visit threealight.com.** continued on page 120



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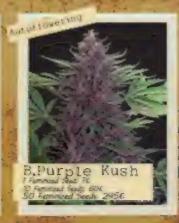
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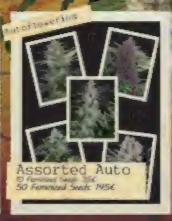


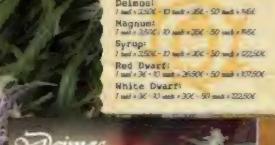












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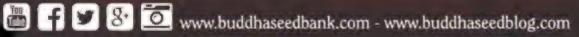














ORCE AWAKENED

By Mary Jane Gibson



we still await the defeat of draconian drug laws and an end to the War on Drugs-and depending on the results of the 2016 election, we may face the threat of a new evil in the form of a villain in the White House, hellbent on beating back the huge progress the marijuana movement

has made in recent years.

However, we have faith in our leaders, our activists, our cannabis celebrities and everyday tokers, and we will continue to expand cannabis education and legalization across the country. We will exercise our right to vote. We as the resistance will share our intelligence, our insights, and our knowledge on cultivation, wellness and healthy

healing herb.

In that spirit of commitment and festivity, High Times is hosting Cannabis Cups in cities across the country in 2016, and we kicked off our Cup tour in San Bernardino, California, with a bigger, better Medical Cannabis Cup than anyone has ever before seen.

Day one of the five-day expo, held over two consecutive weekends, dawned clear and cool. As attendees lined up at the gates of the National Orange Show Center, vendors worked quickly to put the finishing touches on their booths and product displays, and a huge array of food trucks prepared to serve the hordes. VIP ticketholders were given early entrance, collecting swag bags on their way

98 Inland Empire: The Force Awakened













1) Some of the cannabis vendors were literally wading in buds! 2) Aqua Bliss sparkling water made Cup attendees sparkle—naturally.
3) Bomber-sized blunts heightened the fun.
4) Emcee Adam III lived up to his name. 5) A couple of stoner chicks kick the day off. 6) As always, the crowd was right on time for the opening of the gates.

the grassy High Society Lounge, where comfy beanbags and couches awaited them for a wake-and-bake session. Plenty of weed was on hand as folks rolled up blunts, packed bongs and lit joints, sharing their medicine with like-minded people and setting the tone for a mellow day. Happy VIP dabbers discovered e-nail stations embedded in Mortal Kombat and Ms. Pac-Man arcade games, and took full advantage of the gaming/dabbing combo.

In the Super VIP Lounge, I watched as dispensary owners Emily Thrope and RJ Falcioni Jr. provided Gold Leaf-ticketed medical patients with their very own curated Box of Jane, a subscription-based medical cannabis delivery service available from the Guild CA. The package contained an assortment of products from Big Pete's Treats, Fruit Slabs, Black Diamond Technologies, Daddy Bones and more. Sprig, a THC-infused soda, provided a refreshment station for VIPs, many of whom came back for seconds to quench their thirst. I know I did!



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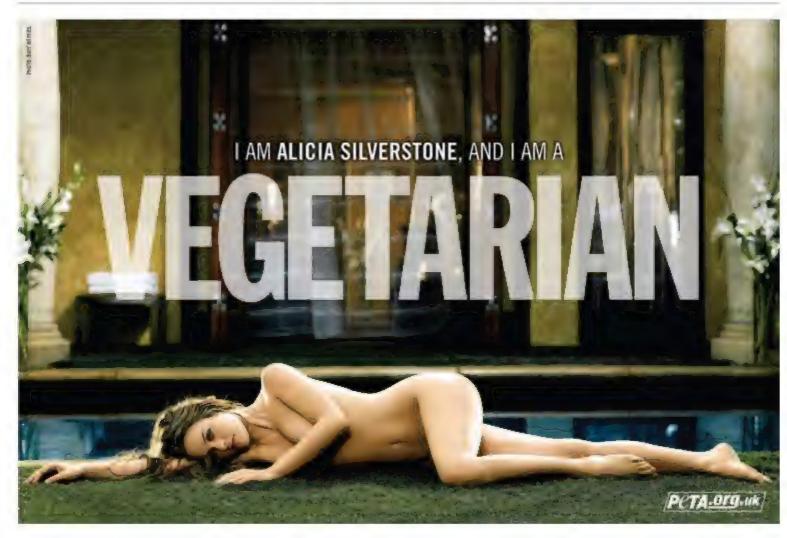




Once inside the gates, medical cannabis cardholders showed their doctors' recs to get the red wristband allowing them to roam freely throughout the event—and the refrain heard over and over again was: "There's so much to see, you can't do it all in one day!"

Luckily, there were five days to take it all in. Despite an El Niño-driven tropical storm battering the Cup on day two, thousands of ticketholders turned up. The NOS Center and High Times battened down the hatches and opened the gates. Though some vendors packed up to avoid losing their booths to the high winds and rain, others took shelter in the Citrus Building, hauling in tables and chairs to create pop-up shops, accompanied by a sweet-smelling haze. The old-school vibe was reminiscent of days gone by in Amsterdam, with eager med-card holders sharing weed freely.

Hundreds of vendors showcased their wares at the SoCal Cup: clones, concentrates, closed-loop extraction systems, beautiful outdoor buds, edibles, clothing, accessories, art and pretty much everything else imaginable. In the Citrus Building, the heart of the Cannabis Cup was on display—the 500-plus entries in the competition. Shatter, budder, wax, sticky nugs, topicals, mouth-watering edibles—all were showcased in glass for attendees to ooh and aah over.





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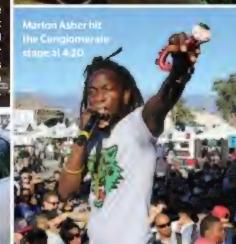
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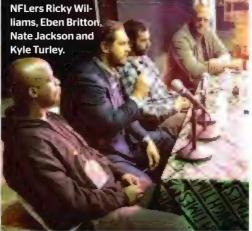
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OREGON LOCATION COMING SOON

102 Inland Empire: The Force Awakened





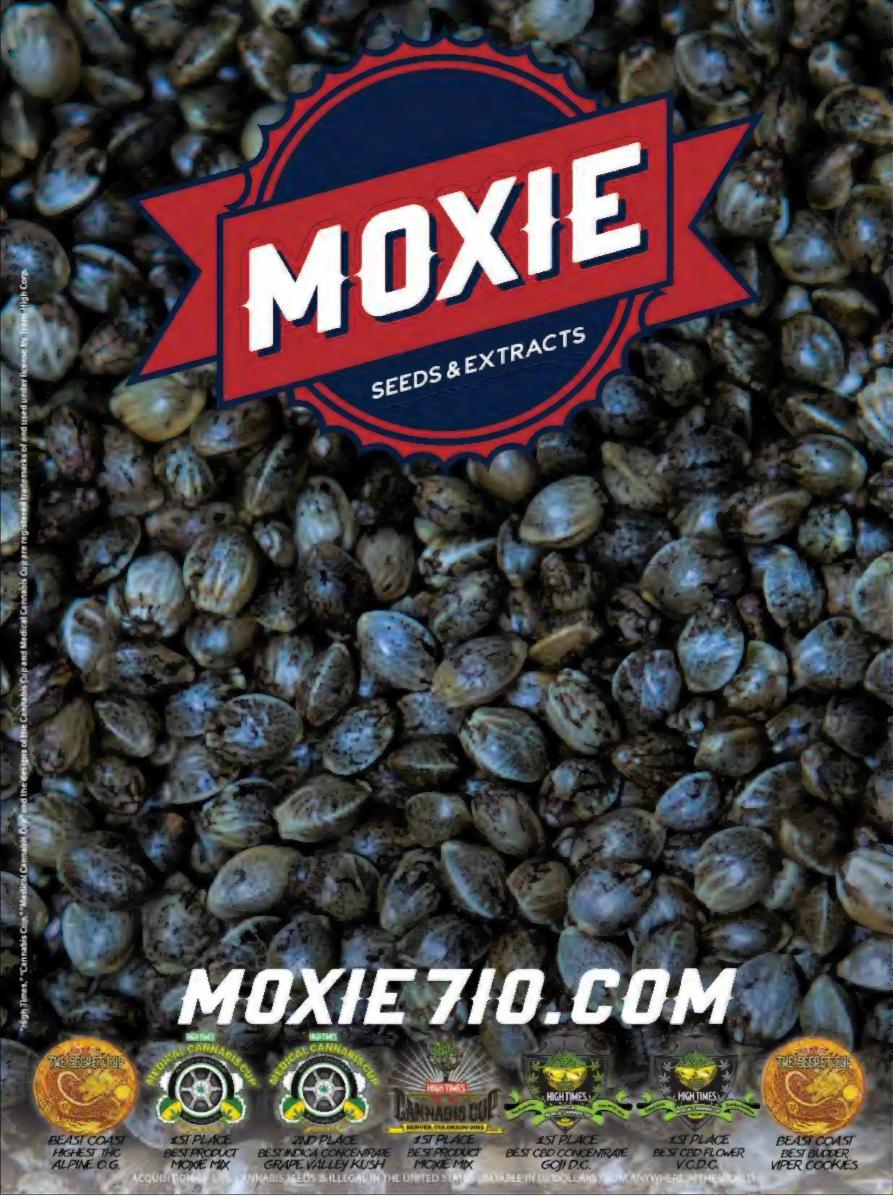


The seminars were top-notch as well. NFL heavyweights Ricky Williams, Eben Britton, Kyle Turley and Nate Jackson sat on a panel titled "How Cannabis Will Save the NFL," drawing attention from major media outlets. *High Times* editors Danny Danko and Elise McDonough shared their knowledge on cultivation and the edibles industry, and legendary breeder DJ Short revealed his technique for growing top-notch marijuana.

The medicating area was a buzzing metropolis, with multiple massive stages hosting high-octane acts. Emerald City brought in recent Grammy winner Trinidad James. Juicy J, 2 Chainz, iLoveMakonnen and Waka Flocka Flame dominated the Conglomerate Village stage, and rappers Too Short and E-40 heated up the California Herbal Remedies double-decker platform. Raw Village had all-day comedy playing to a packed house. Pot stars like B-Real, Tommy Chong, Issa and AK from the Underachievers, and Juice from the Flatbush Zombies mingled with the throngs as massive giveaways from all of the stages kept fans jumping for joy.

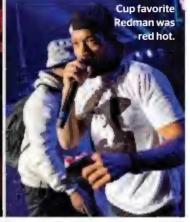
At the end of each day, we gathered in front of the massive main stage for the evening concert—and, speaking as someone who's been to over two dozen Cups in the US and Amsterdam, these shows were the best High Times has yet to offer. Dare I say it was the Coachella of chronic? De La Soul and The Roots blew the











rafters off the outdoor stage on the first Saturday night. The following Friday, Wiz Khalifa had folks shouting themselves hoarse with love for the Taylor Gang as he accepted a pound of pot from an audience member with an ear-to-ear grin. Saturday night saw Ghostface Killah, Killah Priest, Method Man and Redman storm the stage in a knock-your-teeth-out lineup after the awards show.

The Cup awards were presented following a moving tribute to Michael Kennedy, the legal crusader who became the custodian of *High Times* after the death of the magazine's visionary founder, Tom Forçade. Michael passed away on January 25, just before the Cup, and he will be forever missed. As longtime *HT* staffer Chris Simunek wrote: "All of us at *High Times* wish to thank Michael Kennedy for showing us, by example, that it is possible for anyone with a brain, a big mouth, and two human hands to pierce seemingly indomitable darkness and restore light to the world."

I needed the final Sunday just to recover from the magnitude of the SoCal Cup. Thank goodness for all those beanbags—I smoked a fat joint and sank into a dazed bliss in an enormous pouf. A few minutes later, one of my *HT* colleagues reminded me that we still had work to do. Ain't that always the way? As Michael Kennedy would no doubt remind us: There's still plenty to be done. \(\psi\)











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BEST MEDICAL HYBRID FLOWERS

1st Place: CannaSutra OG by Chronic Capital with Lorax Labs and CannaSutra 2nd Place: LA Dizzy OG by Crown Genetics with Greenwolf

3rd Place: Starkiller OG by Rare Dankness

BEST MEDICAL INDICA FLOWERS

1st Place: Grape Stomper OG by Mass Cannabis

2nd Place: Kushco OG by The W.E.E.D. Studio City with Kushco **3rd Place**: JAHnetics by JAH Cookies

BEST MEDICAL SATIVA FLOWERS

1st Place: Mega Queso by Happy Leaf with Nameless Genetics

2nd Place: You Don't Know Jack by Lorax Labs with Cannasutra and 420DLVRY 3rd Place: Purple Tangie by Greenwolf with Zeinstein Gardens

BEST MEDICAL HYBRID CONCENTRATES

1st Place: Strawberry Banana Lemonade by Greenwolf and Moxie 710

2nd Place:Zkittlez by Southern Humboldt Farms Collective

3rd Place: Chem Dawg by Critical Concentrates

BEST MEDICAL INDICA CONCENTRATES

1st Place: Strawberry Banana by Greenwolf and Loudpack with Moxie Genetics

2nd Place: Crown OG Live Resin Sugar by Crown Genetics

3rd Place: Josh D OG Kush by The Kind Center with Unregistered Extracts



BEST MEDICAL SATIVA CONCENTRATES

1st Place: Purple Tangie by Zeinstein Gardens with Loudpack and Moxie Extracts

2nd Place: Lucky 13 by Quality Concentrates

3rd Place: Strawberry Crown Live Resin Crumble by Crown Genetics with Green Tree Remedy and Dabblicious Extracts

BEST CBD CONCENTRATES

1st Place: Goji D.C. by Moxie and Nevada Pure

2nd Place: Anonymous CBD Nug Run Shatter by Crown Concentrates 3rd Place: Harle-Tsu CBD Sap by Dabbenport Extracts

BEST CBD FLOWERS

1st Place: Mai Tai Cookies by WHTC and Terraform Genetics

2nd Place: Vitamin CBD by Guild Cannabis

3rd Place: Toci by Med Tree Seeds and Brown Dog Cannabis

BEST MEDICAL NON-SOLVENT HASH

1st Place - Strawberry Banana Flower Rosin Veganic Grown by Green Giant Grows by Crown Extracts

2nd Place: Kimbo Kush Cubantech Drysift by Exotic Genetix

3rd Place: Kookies by Moxie and Nevada

BEST PRODUCT

1st Place: Krypted Inc. Medicated E-Juice by Krypted Inc.

2nd Place: Caviar Gold by Caviar Gold **3rd Place**: Cloud V Electro by Cloud V

BEST VAPORIZER

1st Place: Puffco Pro by Puffco **2nd Place**: 710 KingPen by Loud Pack Extracts

3rd Place: G Pen by G Pen

BEST GLASS ART

1st Place: Phunky Feel Tips by Phunky Feel Tips

2nd Place: Moxie X Hitman Recycler by Moxie 3rd Place: Nexus Glass by Vader/Nexus

BEST MEDICAL EDIBLES

1st Place: 500mg Pizza Sauce by Clean Healing

2nd Place: Peanut Butter Milk Chocolate Crunch Punch Bar by Punch Edibles 3rd Place: Gravity Lock with Paris OG by Goodies by MaGooch

BEST CBD EDIBLES

1st Place: CBD/THC Medicated Honey by Critical Concentrates

2nd Place: Tea Pot - Relaxing Chamomile Mint Lavender Blend by Honey Pot 3rd Place: Blueberry Vanilla Granola Bar by FlyNHigh Treats

BEST MEDICAL TOPICALS

1st Place: Prana Roll On by Harborside Health Center

2nd Place: Veganic Dragon Balm by Buds and Roses Collective

3rd Place: Treat It - Extra Strength Pain Stick by Gem Stonz Botanicals

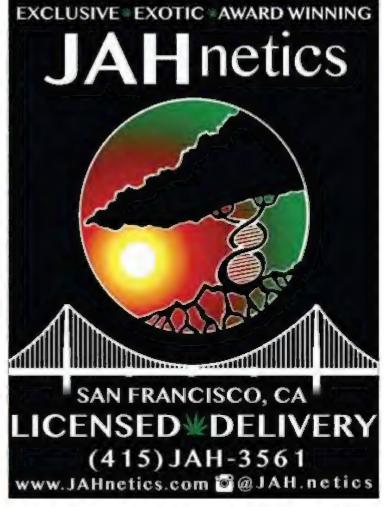
BEST VAPE PEN CARTRIDGES

1st Place: Cali-O 710 King Pen by Greenwolf with 710 King Pen 2nd Place: Bhang Black Private Reserve-King Louis XIII by Bhang 3rd Place: Velvet Vegan Buddha by Vegan Buddha with New Amsterdam Naturals

BEST BOOTH

1st Place: California Herbal Remedies 2nd Place: The Conglomerate Village 3rd Place: Puff Corp





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SUBJECT: Seedling Stretch FROM: Joshua B.

Sprouting plants from seed has been easy for me, and transferring them to soil has been fine, too. My problem is that the plants all grow straight up 6 inches or more, then fall over from their own weight. I have a grow light and run it accordingly. What's the issue? Am I not planting the seeds deep enough, or is it something else?

Dear Joshua, My initial diagnosis is that your light is too far away from your plant tops. This is usually the reason that seedlings stretch and then fall over. Lower your light closer to your seedlings and you should see this problem disappear.

If your seedlings are still alive after they fall over, try carefully removing them from their containers and replanting them with much of the stem buried in more soil. To do this, wet the soil, flip the container over with your fingers protecting the stem, and then gently remove the plant with the wet soil attached. Replant the seedling in a deeper container (or the same container, if you prefer, assuming it has enough room), burying the stem almost up to the first leaves. Some light airflow from a fan can also help build up the stem and make it stronger and able to support the weight of the plant above.



Danko Tip: At the first signs of hermaphroditism, remove the suspect plants and terminate them with extreme prejudice before they seed your garden.

SUBJECT: Plant Limits

FROM: Duke

I'm considering changing the amount and size of the plants in my growroom. I'm running eight 1,000-watt lights and growing in soil using 10-gallon pots. Considering that I mainly grow Kush varieties, I'm wondering if I should go with more plants in smaller pots, or just stay with something similar to what I'm already doing? I've been averaging around 0.25 grams per watt, and I'm trying to get closer to 0.5. Thanks in advance for your help.

Dear Duke,

The first thing you should consider when increasing the number of plants in your garden is any legal concerns. In most states, the more plants you have, the higher the penalties, and federal law is also always a concern. So please do the research and find out how many plants you can legally grow, or what the penalties are for your desired amount of illegally grown plants. *Norml.org* is a great resource to find out the laws for cultivation in your state.

Secondly, you should know that the fewer plants you grow, the longer your vegetative time will be in order to get the plants larger and fill up your space. If you grow more but smaller plants, you'll have a shorter vegetative time and thus be able to harvest sooner. You'll also have less time for things to go wrong along the way, such as issues with overfeeding or pest infestations.

The best thing you can do to increase your grams per watt is to keep your environment totally controlled to prevent fluctuations in temperature and humidity. Adding ${\rm CO_2}$ gas injection also boosts yields. Avoid using plant-growth regulators (PGRs), since they're not meant for use with plants that we consume and contain chemicals that have been deemed upsafe.

SUBJECT: **Getting Started**

FROM: Ellie

I'm extremely interested in growing and creating my own marijuana strains. I'm a beginner—I know nothing. But I want to learn about the plant itself, its medical uses, psychological effects and benefits, and the basics of growing and



crossbreeding. My goal is to create my own strains so that I can help people medicinally. So here goes: You've listed plenty of times what the best books are for a beginner looking to cultivate—even some about the plant's biology. But are there any good beginner's books covering the medicinal uses and psychological effects of the plant? Are there any good beginner's books that explain in depth how to create your own strains? And are there any good beginner's books that tell what you would have to do to have your strains studied?

Dear Ellie,

Wow, that sure is a lot of questions! Let's start at the beginning. For cultivation books, I highly recommend *The Cannabis Encyclopedia* by Jorge Cervantes and *Marijuana Horticulture Fundamentals* by K from Trichome Technologies. Both go into plenty of detail on growing pot and have great photos and illustrations

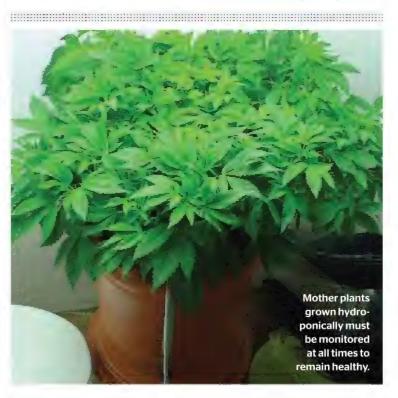
to help get you started.

You'll need to grow your own for quite some time before you start creating your own strains. Breeding is a precise and complicated and labor-intensive process that can take quite a while to perfect. The breeding books I recommend are Robert Connell Clark's *Marijuana Botany* and Greg Green's *The Cannabis Breeder's Bible*. Also, get yourself a regular plant-breeding book (i.e., not one about cannabis) to get a basic understanding of what you're trying to accomplish. Wikipedia is a great resource as well, so start with Gregor Mendel and his pea pods and take it from there.

However, like you said, there's no substitute for actually doing the work and learning on the job. You can read all the books about surfing ever written, but you won't master the art without spending many hours flailing around in the waves. So get some seeds and a grow light and start growing. Good luck!



Danko Tip: Never allow rockwool to completely dry out in a hydroponic-growing system.



SUBJECT: Hydro Mother Plants

FROM: Alan

What's the best hydroponic method for long-term growth (i.e., mother plants)?

Dear Alan,

I usually recommend that people grow their mothers in soil or coco, because both are more forgiving over a long period of time. Also, plants grow a little more slowly in soil, so unless you need clones all the time, you won't have a huge, unmanageable tree that needs to be trimmed constantly.

However, if you do choose the hydroponic route for your mother plants, my first recommendation would be deep-water culture (DWC). This type of system gives you plenty of space for roots to grow, and the larger amount of water allows you to change out your reservoir less frequently.

Most hydroponic systems are built to grow more than one plant, but DWC can easily be used to grow a massive bush with plenty of branches and shoots from which to take clones. Just be sure to change the nutrient solution completely at least every two weeks, and don't let it get too warm or cold.

SUBJECT: Bulb Life

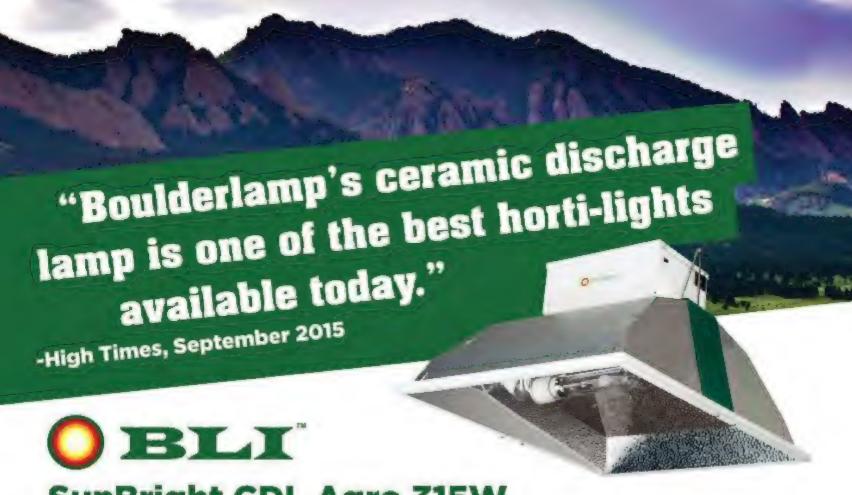
FROM: Staying High in Alaska

My vegetative chamber seems to have slowed way down on getting my plants to the size I want before going to the next chamber. I use nutrients and keep the temperature pretty consistent, and the plants are all healthy, but it seems like I've had to leave them in there for a few extra weeks. Do you think that the bulbs I'm using (fluorescents) are losing their strength after a while?

Dear Staying High,

Yes, bulbs do indeed lose strength over time. Most manufacturers advise that you change them once a year, whether you notice a decrease in light output or not. This holds true for





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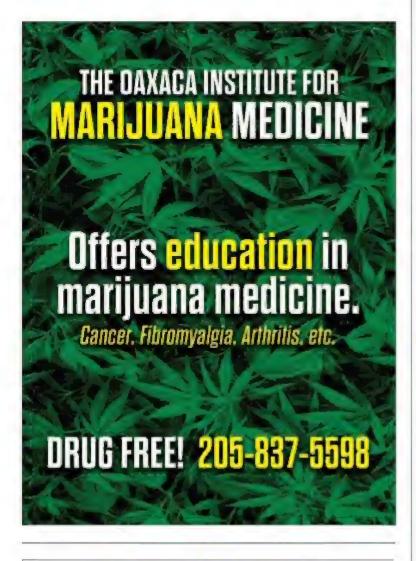
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Danko Tip: Have your soil and water professionally tested by a lab to get an idea of what you're working with.

fluorescents and for high-intensity discharge (HID) lights like metal halide (MH) and high-pressure sodium (HPS).

This may sound a bit counterintuitive, since we only change the bulbs in our house fixtures when they burn out completely. But with grow lighting, you could be losing lumens and not even know it. Switch out your bulbs (fluorescents are particularly affordable) and you should see your plants' vegetative growth return to its previous level and speed.

SUBJECT: Mold Outdoors

FROM: Jeremy

Hey, Danny! I have a question about my grow, but first I wanted to thank you for all you do in fighting our own War on Drugs. Also, I love the *Free Weed* podcasts. I live in Massachusetts and have grown outdoors for five years now. Every year, it's a matter of not if but when my buds will get mold, botrytis or bud rot. What would you suggest I do? I also have a problem with curing in my damp basement. Any ideas? I'm thinking of building a small room with a dehumidifier to keep the humidity down. Thanks in advance, and hope to see you guys at the Boston Freedom Rally!

Dear Jeremy,

Thanks for the kind words about the podcast and our ongoing efforts to end the "war on flowers." It's always nice to hear from listeners and readers who appreciate our work. And thanks for participating with us and attending the Boston Freedom Rally. You'll see us there every September—in the same city where the struggle for American independence started—to fight for everyone's right to use and enjoy cannabis.

As for your issue with mold, botrytis or bud rot, there are a couple of possible solutions. You can install a greenhouse over your plants and use light-depravation techniques (see page 59) to harvest them before these problems start to manifest themselves. Always be sure to shake off any accumulated morning dew or rainwater from your plants as soon as possible. Also, drying your plants in a small room with a dehumidifier instead of a damp basement will definitely help as well.

SUBJECT: Electric Company

FROM: Joe

I'm writing to ask you about a small issue I'm facing in setting up my growroom. In my country, there are power outages of three hours once or twice a day. During these outages, we use a generator for power. But my problem is the one to three minutes of no electricity during the switch to the generator. I would like to have your opinion on this short period of darkness several times daily: Will it affect the marijuana plants during their vegetative or flowering phase?

Dear Joe

The important thing with cannabis is not to interrupt the dark cycle with light. Disturbing the light cycle with a few minutes of darkness isn't much of an issue, so your plants should be fine despite these brief periods during the outages before your generator kicks in. **



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116 Gear



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Growing for One

The High Times Cultivation Department reveals tips and tricks for the home grower to produce plenty of pot for personal use (and maybe even a little extra to share with friends).



Vegetative vs. Flowering Growth

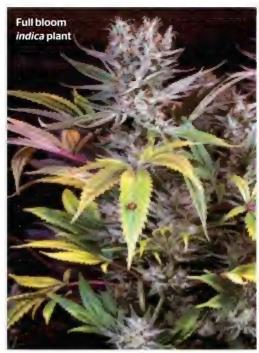
Cannabis plants have two distinct stages: vegetative and flowering growth. In the vegetative stage, seedlings placed under proper light will continue to grow taller, spreading their branches and creating more shoots until the light cycle is shortened to 12 hours per day or less. Outdoors, this process occurs naturally as summer turns to fall, but indoors, the flowering stage must be induced by the grower.

This means that if you don't reduce the amount of light, the plant will continue its vegetative growth and never flower, leaving you with a lot of lumber, leaves and sticks—but no buds. The only time this practice is useful is when you're growing mother plants in order to take cuttings—i.e., clones—of vegetative plants over an extended period of time. (We've even seen some 20-year-old mother plants, although these are quite rare.)

Indoor plants begin their lives under 18 to 24 hours of light per day. Once they've reached your desired height, reduce the amount of light by half, for a 12-hour light period and a 12-hour dark period. If this daily 12-hour dark period remains uninterrupted by light, the plant will stop its upward and outward growth and begin to form flowers, which eventually turn into the buds we prize.

This transition is gradual, however, and the plant will continue to stretch for the first several weeks of its flowering stage. The hybrids typically grown by most cultivators flower for 45 to 65 days, but some pure *sativas* have been known to flower for three months or more.

Vegetative and flowering plants have completely different food requirements, so you'll have to tailor the nutrients you're using to the proper formula for each stage. During the vegetative stage, use nutrients rich in nitrogen (N), such as liquid fish and seaweed; during the flowering stage, use nutrients heavier in phosphorus (P) and potassium (K), such as bat guano. It's crucial to know your NPKs!



Indica vs. Sativa

The cannabis we smoke can generally be classified as an *indica*, a *sativa* or, more often, a hybrid of the two. (*Cannabis ruderalis* is a low-THC variety native to Eastern Europe and Russia that grows wild but isn't smokable).

Indicas, which originated in the Hindu Kush region of Central Asia, are characterized by their short stature and fatter leaf structure. Traditionally, these plants were grown and bred for making hashish. The buds are covered with the thick, glandular trichomes that we sometimes refer to as "crystals" or "kief." The trichomes are sifted away from the leaves and buds, then pressed together to make hashish. Indicas tend to make their users lethargic, sometimes referred to as feeling "couch-locked" or "stoned."

Sativas are the taller, longer-flowering variety native to equatorial regions with a longer growing season. The leaves are typically thinner and longer, and the buds tend to be narrow and elongated as well. Sativa plants were traditionally bred for use as hemp as well as for medicinal applications, from smoking to brewing as tea. The trichomes are smaller and provide users with a characteristic sativa "high," the racy and



electric feeling described by returning Vietnam War veterans who'd smoked the Vietnamese, Thai and Laotian *sativas* of Southeast Asia. Some pure *sativas* have been known to induce paranoia and heart-racing in unsuspecting tokers.

Pot aficionados know that different hybrid strains exhibit their own unique characteristics in terms of flavor, scent and intoxication, with the effects varying greatly from catatonic to giddy. Personal preference plays a huge role here, and growers have bred cannabis strains for the characteristics they value most highly. Many connoisseurs consider sativas to be a daytime smoke and indicas primarily a nightcap. However, most of what's available these days is a mix of the two. Growing indicadominant hybrids is generally easier than sativa-dominant ones because of several factors. The shorter flowering time for indicas means a smaller window for things to go wrong, and they tend to yield more as well. *Indicas* also tend to be heavy feeders, so it's harder to overfeed them than their finicky sativa counterparts. Sativas also tend to stretch much more even after flowering is induced, which can cause issues for growers in small spaces.







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THE BOOMING BUSINESS OF BUDS continued from page 94



Corey Buffkin, award-winning master grower

I'm a partner in Green Man Cannabis, Champion Cannabis and Mile High Green Cross, all of which are in Denver. In Las Vegas, our new venture is Greenway Medical, a strictly wholesale marijuana provider to dispensaries there. We also have Fresh Cannabis, a new startup that's a dispensary and a cultivation site in the Portland, Oregon area. I'm an equity partner in all of them.

It's all about consistency. I've won several High Times Cannabis Cups and other awards, but it's all about consistency—being able to balance cultivation and business. That's where people fall off.

I operate as a businessperson; I don't put all my eggs in one basket. If one situation's not going well, I still have the other four or five. It's a choice I've made with various partners—to be diverse in various markets.

In Colorado, the bigger guys are seen to have a monopoly on things. I like to equate this industry to craft beer. You see a new craft-beer brand on the shelf weekly. There's always room for connoisseur and luxury products. That's how we see our product: handcrafted, organically grown in soil, and cultivated using responsible practices as far as pesticides and contaminants are concerned.

The Ranch is a project I'm part of that's being launched in Denver by Green Man Cannabis. It will be a greenhouse site on acreage that will incorporate education and entertainment. We'll be able to show people marijuana being cultivated on-site. We want to execute these in Denver, Las Vegas, Seattle, and in the Northeast and Southeast. The purpose is to destigmatize marijuana. You'll have grandmothers come through and see this. They'll see that it's only a plant—not what they thought. We plan to put these in key markets around the US. *Visit greenmancannabis.com.*



Todd Brady, CEO & founder of Rx Green Solutions

Rx Green Solutions is a technology company focused on developing nutrients specifically for cannabis. I founded the company around 2012, but we really got moving in 2014. Over the last 2-4 years, we've grown from one employee to over 15. We have the industry's only research and development testing facility located in Colorado, specifically focused on testing nutrient products for their efficacy on cannabis. We've grown from zero retail hydroponics stores supporting our products to well over 700. We started with one product; now we market over 13 different products that service the cannabis industry.

Our products can be used for a variety of products. Obviously, most of our penetration is in legal states like California, Washington, Oregon, Colorado and Michigan. But we do have hydroponic stores and lawn and garden stores that carry our products throughout the nation, from Alaska to Florida.

When I first looked into the nutrient business, growers were using products that weren't openly supporting cannabis. There was a lot of fancy packaging, but very little technology. We wanted to bring business to the next level. We said, "We're openly going to support the business. We're going to run trials specifically on cannabis so we can work with growers and help them improve based upon the results from our testing. We wanted to do this from an education and technology standpoint, not from a marketing standpoint

Competition is fierce. There are a lot of established players in the marketplace with very good followings. But it all comes down to product performance. At the end of the day, as more states become legal, we think that growers will need the best products in the marketplace.

Our testing facilities are in Colorado, but we're located in Manchester, New Hampshire. Maine has a good medical program, Vermont is up and running, Massachusetts is getting going, Rhode Island is active, Connecticut is active. So we feel the East Coast is a really good place to be. *Visit rxgreensolutions.com.*



Derek Cumings, founder and creative director of Incredibles

We're in an alternative-delivery business for cannabis: We're trying to deliver specifically activated THC. What we've done is use much lighter and subtler flavoring. Our bars are white-chocolate-based, without a bunch of artificial flavoring. The cannabis and THC we use is extremely clean. We hit numbers in the 85 to 90 percentile, without any secondary remediation of the oil. We market 12 to 13 chocolate bars, with about five in development. We make about 120,000 every month, and this year we're introducing our vape pens and topicals.

Everything we do here in Colorado, we're going to do nationwide. We think Colorado right now is probably the most stringent, as far as rules and regulations. But we can easily take this model and drop it into all the other states. We should be producing in the first quarter in Oregon, Washington and Nevada. Arizona too, and we're looking at other states—Michigan and Massachusetts. In California, well, we've got a kitchen, we've got everything-but we want the laws to match up with what we do. Everybody looks at California as the leader, but they've been the furthest behind getting on board with the industry, where people can invest their dollars and not worry about it all disappearing the next day. But when they're ready, we want to be there. Visit incrediblescolorado.com. *





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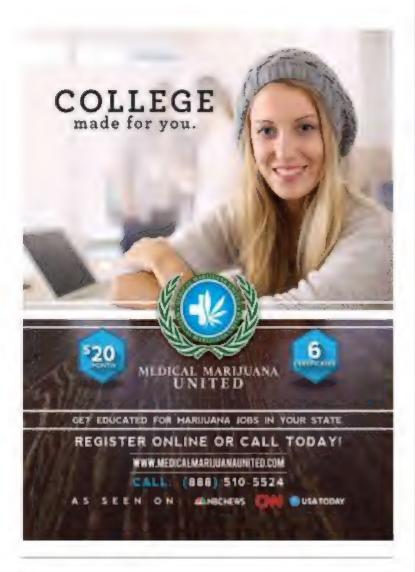
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HIGH PLACES continued from page 50

Chronic Adventures in Canada



VANCOUVER, BRIT-ISH COLUMBIA is home to Canada's

home to Canada's best-known legaliza-

tion activists, Marc and Jodi
Emery, and the popular variety
known as BC Bud (really a catchall term for all indoor marijuana
grown here). Seed sellers and coffeeshops tolerant of weed can be
found with ease in "Vansterdam,"
especially around the so-called
Pot Block on Hastings Street. You
can also pack a parka and make
your way to numerous ski resorts
in the winter, or wear only your
birthday suit in the summer
at Wreck Beach, where nudists
drink and toke the day away.



NELSON, BRITISH COLUMBIA is an eight-hour drive east of Vancouver,

just north-northwest of the Idaho Panhandle. But despite the proximity, Nelson is magnitudes of freedom ahead of prohibition-happy Idaho. Just head to Baker Street in the city that the National Post has called "Canada's Pot Capital," and you'll find the kind-referring both to the buds and to the marijuana community here, whose founders first came to Nelson in the flower-power era of the 1960s. And now that the city's infamous downtown dog-ban law has finally been amended, you can take your canine friend with you (on a leash) to that downtown core around Baker Street.



TORONTO, ONTARIO is the site of the largest Global Marijuana March in

the world, with over 20,000 freedom fighters turning out at high noon on the first Saturday in May to fill the streets downtown. Bolstered by the election of the Liberal Party's Justin Trudeau as prime minister and his promise to legalize marijuana across Canada, cannabis cafes have begun to open—only to be hit by police raids at the beginning of the year. Still, some private vapor lounges remain open. Visit the Kensington Market and Queen St. West areas of town to find some high-minded friends indeed.

European Destinations



AMSTERDAM, THE NETHERLANDS

really needs no introduction. Its cof-

feeshop scene and the benefits that it brought to the city were prime arguments for marijuanalaw reform in the United States throughout the 1970s and '80s. Don't worry about those rumors of tourists being banned from buying pot; that's only been happening in the smaller Dutch cities located on the country's borders. Amsterdam still welcomes travelers age 18 and older in its coffeeshops. You're allowed to buy only five grams, thoughand don't smoke any tobacco inside, since the Dutch, like a number of American states, have banned almost all smoking indoors.



BARCELONA, SPAIN

hosts Spannabis, the largest cannabis-community

gathering in Europe, every March. Spain's system of collective cultivation and social clubs has provided most people with access to quality marijuana without creating a commercialized storefront system. Cannabis isn't bought and sold here; rather, you need to be a member of a collective, and then you'll get your share of the cannabis cultivated for all. One such collective. the Barcelona Cannabis Users Club, has over 5,000 members. But if you can't find a friend to get you an invitation to join, you can always legally grow and possess cannabis in private.



FREETOWN CHRIS-TIANIA, DENMARK

is a neighborhood

within the city of Copenhagen. This area, about one-eighth of a square mile in size and with roughly 900 residents, has its own law that largely allows it to govern itself. Here, cannabis isn't just tolerated—it's sold in open-air marijuana and hashish markets on the unfortunately named Pusher Street. You'll want to stick to daytime visits to Christiania, though, and be sure you haggle for better prices. The rest of Copenhagen is reasonably tolerant of marijuana consumers.



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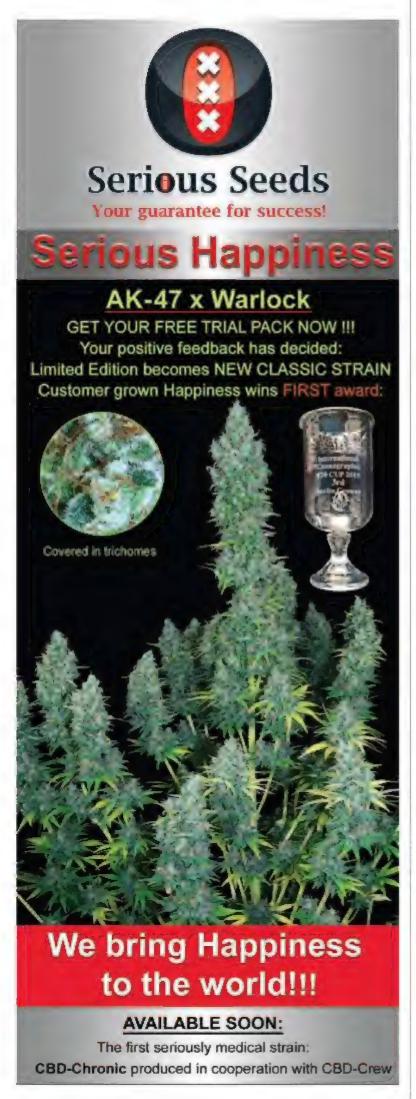
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HIGH PLACES

Ganja Island Paradises



THE US VIRGIN ISLANDS is an unincorporated territory of the United States.

Its residents are US citizens, but they can't vote for president and have only one nonvoting delegate in Congress. But they do have their own territorial government, which in 2014 voted to decriminalize marijuana, reducing personal possession to a maximum fine of \$200. Helping lead the charge was Senator Terrence "Positive" Nelson, a Rastafarian lawmaker who is working to create cannabis-trade policies that will benefit poor Caribbean nations. The islands also boast the kind of gorgeous aquamarine waters and perennial warm temperatures that make marijuana even better.



NEGRIL, JAMAICA is everything you imagined Jamaica

to be: images of Bob Marley and sounds of reggae music everywhere you go; warm afternoon rains followed by hot sun as you enjoy a hand-rolled joint while drinking rum punch on a white sand beach. Despite the abject poverty that exists on the island, the people here are beautiful and friendly—and to make a living. many of them sell ganja freshly picked right off the mountain within the past week. Jamaica has been steadily decriminalizing marijuana for religious and medical use, and recreational possession is a minimal finebut you'd have to smoke in front of a cop to earn it.



WELLINGTON, NEW ZEALAND is

the capital of this gorgeous island

country that provided much of the landscape for the *Lord of the Rings* movies. Like those pipe-weed-smoking Hobbits, New Zealanders consume a lot of cannabis—in fact, their rate of consumption has outpaced the United States' over the last few years. But you have to be careful: Cannabis is still illegal here, and personal possession can result in a \$500 fine and up to three months in jail. But this is also a place where cannabis activists

once pushed a shopping cart full of burning weed into a police station, so cool people are everywhere!

Global Reefer Getaways



MARRAKESH, MOROCCO is the center of a North African hashish

trade older than the United States. Tribal farmers in the Rif Mountains have cultivated cannabis for more than a thousand years, producing the potent Moroccan hash of legend. Cannabis is still illegal here, with possible prison sentences of up to a decade—but if you're a tourist, you'll have to go out of your way to attract police attention. You won't long for the attention of dealers, though, who will brazenly approach you right on the street.



MONTEVIDEO, URUGUAY is the capital of the tiny South American

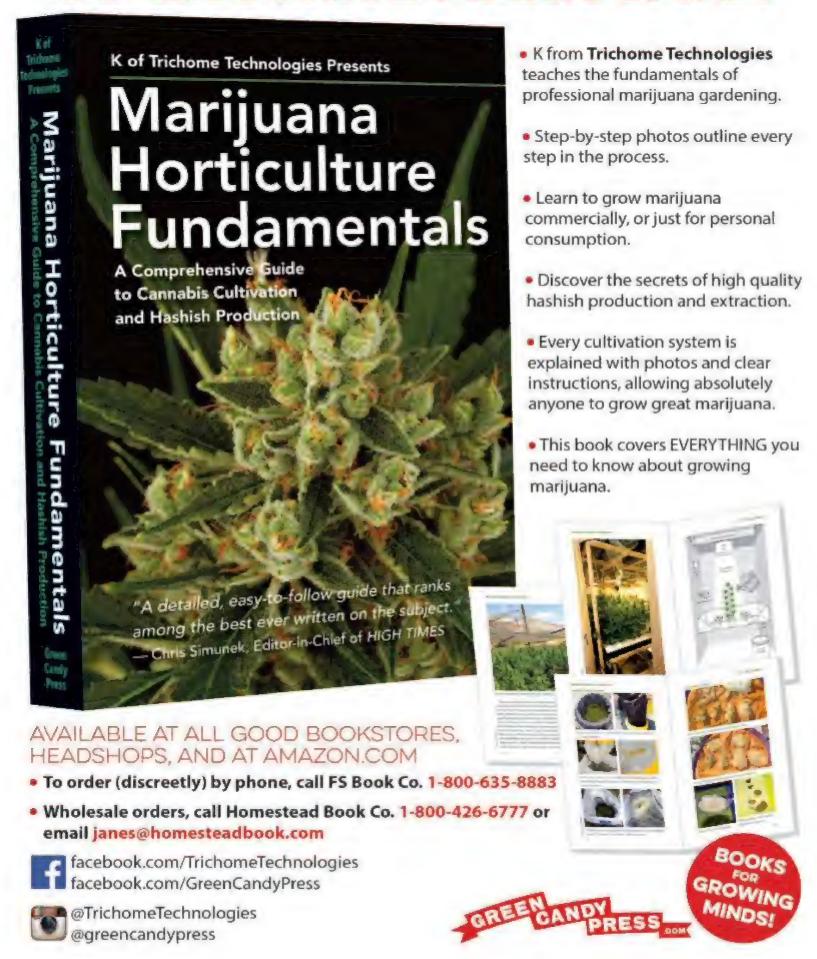
nation that became the first in the world to legalize cannabis back in 2013. Now there are growers' clubs that can cultivate as many as 99 plants for their 45 members, with each member receiving up to 40 grams per month. Legal residents age 18 and older can grow up to six plants at home and harvest up to 480 grams. And starting this year, legal residents can also go into a pharmacy and buy up to 40 grams a month of three government-grown strains for a little over \$1 per gram. The key is knowing a legal resident.



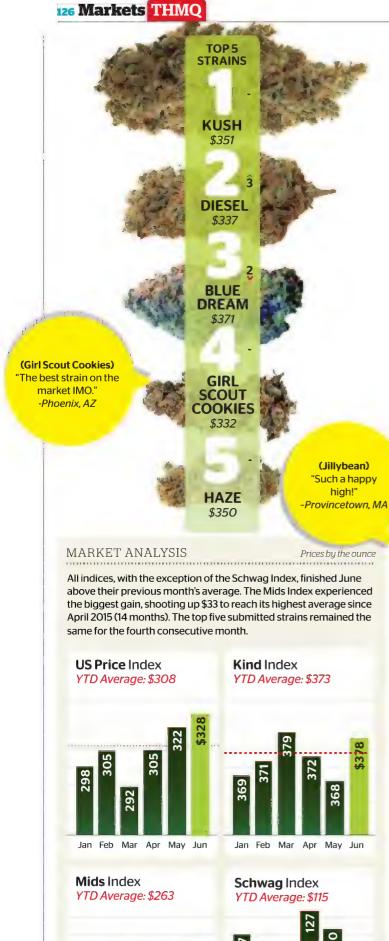
NIMBIN, AUSTRALIA is the home of MardiGrass, a huge

festival that takes place on the first full weekend of May. The town's New Age vibe and the openly tolerated sale and use of cannabis make Nimbin an oasis in New South Wales, an otherwise harsh state where possessing anything more than 15 grams can subject you to criminal penalties. (Most other states and territories in Australia have decriminalization or interventions for amounts up to 50 grams.) **

THE PROFESSIONAL'S GUIDE TO GROWING MARIJUANA



THMQ High Times June 2016



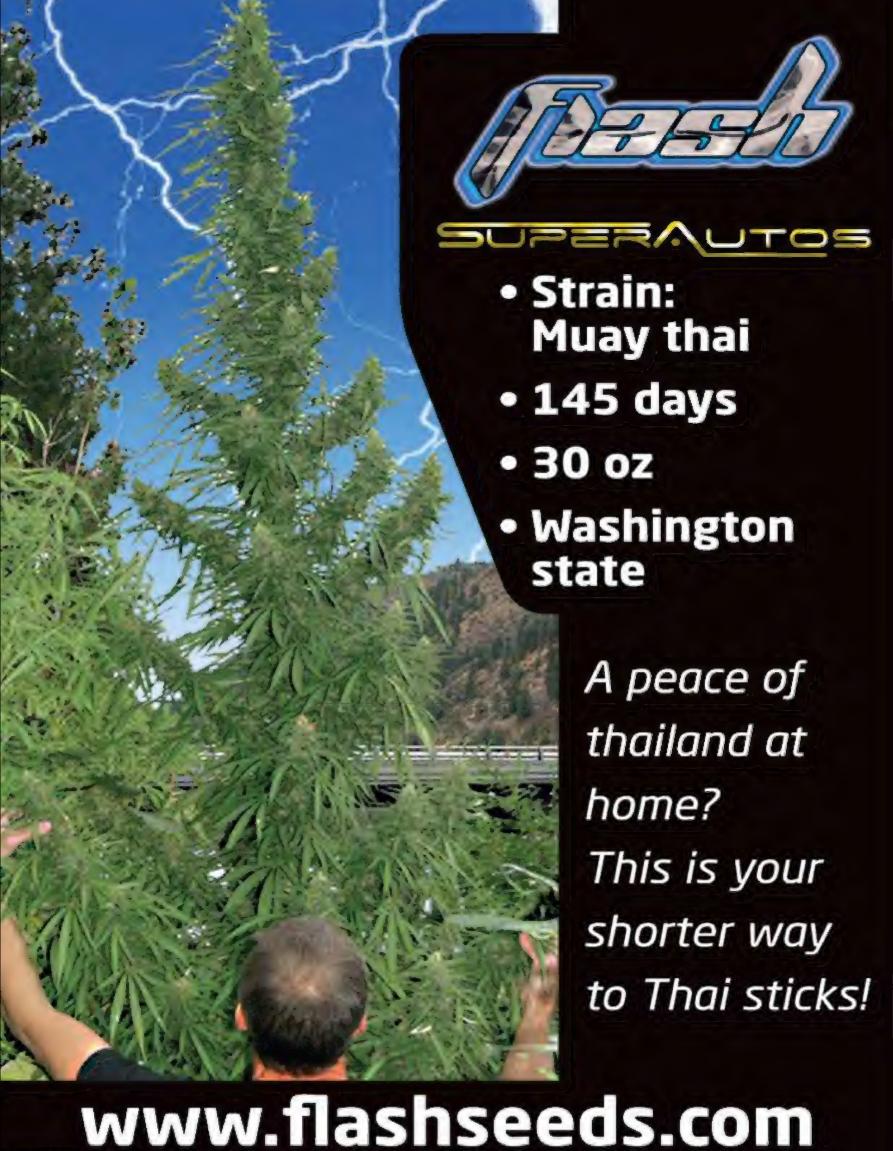
(Master Kush)
"A total knockout!"

-Richmond, VA

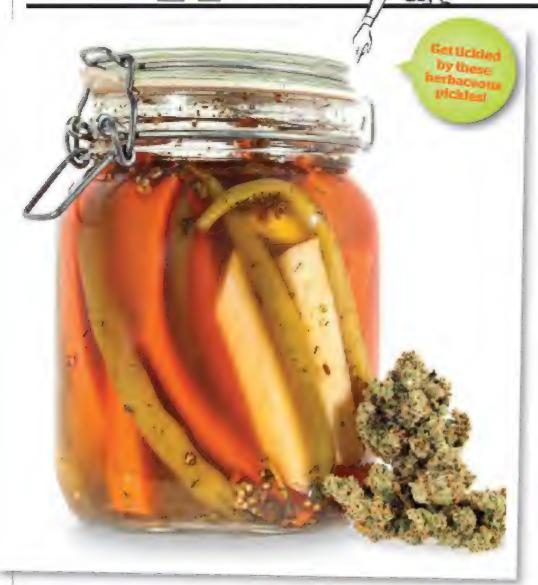
TRANS HIGH MARKET QUOTATIONS			
STATE	CITY	STRAIN	PRICE
Alabama	Birmingham	Juicy Fruit	\$350
Arizona	Phoenix	Girl Scout Cookies	325
	Tucson	Blue Dream	350
Arkansas	Little Rock	Mazar	375
California	Los Angeles San Francisco	Tahoe OG Grandaddy Purps	300 310
	Santa Clara	Deadhead OG	280
Colorado	Boulder Denver	Golden Goat Pre-'98 Bubba Kush	280 300
Connecticut	Hartford	Blue Dream	360
Delaware	Newark	Headband	360
Florida	Miami Orlando	Death Star Green Crack	375 400
Georgia	Savannah	Skywalker OG	420
Hawaii	Maui	Durban Poison	280
Illinois	Chicago Springfield	Ghost Train Haze #1 Death Star	360 330
Indiana	Indianapolis	Sour Diesel	300
Louisiana	New Orleans	Headband	400
Maine	Portland	Kosher Kush	350
	Baltimore Catonsville	Blue Dream Girl Scout Cookies	400 320
Massachusetts	Boston Provincetown	Death Star Jillybean	380 360
Michigan	Detroit	Blue Dream	325
Mississippi	Jackson	Northern Lights	350
Missouri	St. Louis	Sensi Star	380
Montana	Bozeman	Blue Dream	300
New Jersey	Hoboken	Headband	400
New York	Brooklyn	Three Kings	380
North Carolina	Raleigh	OG Kush	400
Ohio	Columbus	White Widow	360
Oregon	Portland	Jack Herer	180
Pennsylvania	Philadelphia	Grape Ape	350
Tennessee	Memphis	Gorilla Glue	380
Texas	Lubbock	Blue Dream	490
Utah	Salt Lake City	Mango	380
	Richmond	Master Kush	375
Washington	Chelan	Sour Diesel	200
INTERNATIONAL			
Australia	Melbourne	Sage 'n Sour	\$350
Canada	Toronto	Kosher Kush	180

High Times wants to know what you're smoking. Submit your strain information including location and price by the ounce to *thmq@hightimes.com*, or tweet us (*#THMQ*).

(Jack Herer)
"Takes a while to
finish but definitely
worth the wait."
-Portland, OR







Pot Pickled Veggies

These pickles contain one extra special seasoning guaranteed to tickle your fancy.

- By Elise McDonough

Inspired by a recipe from healthy living guru Dr. Andrew Weil, a *High Times* contributor back in the day, these pickles include one extra special seasoning, since the dressing contains a THC-laden olive oil. The liquid from the pickles can do doubleduty as a salad dressing once the pickles have been devoured, so make sure you use every bit of that medicated oil.

This is a recipe where the cannabis should be toasted in the oven at $250^{\circ}F$ for thirty minutes before being simmered in olive oil for another half-hour. Strain the pot out of the olive oil, pressing the

vegetable matter thoroughly and wringing out all the oil before discarding it. Before you start, find the jars or container that you'll use to store the pickles, and make sure the carrots and jicama are cut short enough to stand up inside.

Ingredients:

1/2 lb. carrots,
peeled and cut into thin sticks
1/2 lb. string beans
1 small head cauliflower,
broken into florets (about two cups)
1/2 raw jicama, peeled and cut into thin stick

Dressing

2 cups water
2 ½ cups apple cider vinegar
¼ cup cannabis-infused olive oil
3 tbl. brown sugar
1 tsp. salt
1 tbl. dill weed
6 cloves of garlic
¼ cup pickling spices or: 5 bay leaves, 1
tbl. mustard seed, 1 tbl. dill seed, and 1 ½
tsp. red chili flakes

Start with a large pot and add five cups of water. Bring this to a boil over high heat. Prepare an ice bath in a large bowl. When the water is boiling, add the carrots first and boil for five minutes. Remove them with tongs or a strainer and shock them in the ice bath. Add the string beans and cook for three minutes, before straining and shocking in the ice water. Add the cauliflower for one minute before shocking it. This step slightly cooks the vegetables and makes them more porous so the dressing can seep inside. Once the veggies are cool, strain them and drain well. Add the raw jicama.

To make the dressing, take the ingredients and pour into a pan set over medium heat. Bring to a boil and cook for two minutes. Pour the dressing over the veggies and let them cool to room temperature. Hold your jar angled horizontally and use a chopstick to force carrots, beans and jicama into neat, upright rows, adding cauliflower here and there. Once the jars are packed, fill with dressing and refrigerate for at least two days and up to five days. In the fridge, the oil will separate and float on top of the jar. Return the jar to room temp and shake before snacking. Eat just a few pickles at a time until you get a sense of how strong the cannabis effect will be. Stones 6 to 8.

MARIJUANA FOR EVERYBODY!



This recipe for Pot
Pickled Veggies was featured in *Marijuana* for
Everybody!, the most
authoritiative, accessible, and (yes!) entertaining guide yet from *High*Times magazine, the
world's most trusted
name when it comes
to getting stoned.

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- 1 package of out of the box (OTB) Red Velvet Cake Mix
- 3 eggs
- 1 cup water
- 1/2 cup MagicalButter or Magical Cooking Oil
- 1 container of OTB Creamy Home-Style Cream Cheese Frosting
- · Red sprinkles or cake crumble

Skill level: Very easy Prep time: 5-10 minutes Cook time: 30 minutes Serving size: 1 cupcake Yield: 18 cupcakes

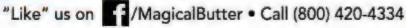
₩ How to

- 1. Preheat oven to 325°F/163°C. Place 18 paper baking cups in muffin pan(s).
- 2. Prepare cake mix using water, MagicalButter or Magical Cooking Oil and eggs in large bowl.
- 3. Beat with an electric mixer at medium speed for 2 minutes. Spoon batter evenly into prepared pan(s).
- 4. Bake 30 minutes or until toothpick inserted in center comes out dry
- 5. Cool cupcakes completely on wire rack.
- 6. Spread frosting on cupcakes and garnish.

*Recipe will vary depending on brand.

Find recipes at magicalbutter.com/recipes, and watch how-to videos at youtube.com/ herbalbutter.







Five Great Ganja Gummies

Candymakers get creative with fun, cannabis-infused gummies. By Elise McDonough



SPACE GEMS

All organic, vegetarian gummies made with ice water hash from a proud local Humboldt producer. Bursting with fresh fruit flavor, each drop has 10 mg. of THC and is coated in organic sugar. Available in sweet and sour flavors, these gummies are a fantastic option for those seeking high-quality in a low-dose. Instagram: @space_gem_candy



PEACH MANGO ROBHOT

These fruity gummies are dosed two ways: a single gummy with 100mg Active THC or a multipack of 15 gummies, each with 10 mg. of THC, allowing both heavy and lightweight users to ingest a satisfying dose. Peach Mango gummies are infused with Golden Goat BHO from Kind Love Colorado.

robhots.com



COTTON CANDY GUMMY BEAR

From multiple High Times Cannabis Cup winner Sweetstone Candy, these new signature series flavors are out of this world! Containing 100 mg. of THC, each gummy reliably delivers powerful medication along with great cotton candy flavor and a pleasing texture. sweetstonecandy.com



KEY LIME PIE DINOSAUR

These inventive gummies pack a punch of tangy Key Lime flavor paired with perfect cake batter. Highly potent, each dino contains 75 mg. of THC. Check out other creative flavors and shapes such as Root Beer Float, Strawberry Kiwi & Lemon Pound Cake and PB&J.

Instagram: @lilbittyhashmaker



Pot Pizza Sauce

Top your pizza with sausage, peppers, mushrooms, and... Cannabis?!



Frustrated by the lack of sugar-free, savory options in local dispensaries, health-conscious entrepreneurs Graham Cohen and sister Tatum teamed up to launch a cannabis-infused pizza sauce company at the High Times Medical Cannabis Cup in San Bernardino in 2015. Their CBD-rich pizza sauce captured a second place award, giving this fledgling company a big head start on dominating the shelfstable jarred sauce niche.

In 2016, Tatum and Graham returned to the SoCal Cannabis Cup, selling medicated pizzas day and night to grateful patients at either 5 or 50 mg. dosage levels. This year, their hard work paid off big time, and judges awarded the re-branded Clean Healing Pizza Sauce company a first place for Best Edible. Stock up on THC-infused sauces at 60, 150 or 500 mg. and check out *hightimes.com* for Graham's gluten-free pizza crust recipe. cleanhealing.org



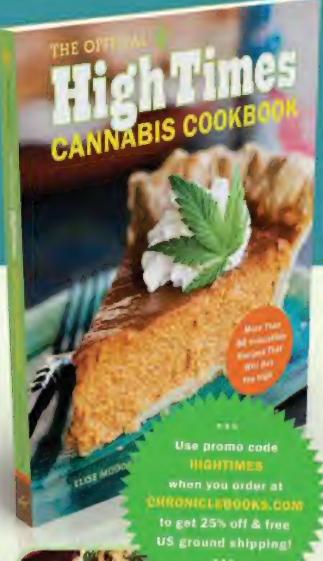
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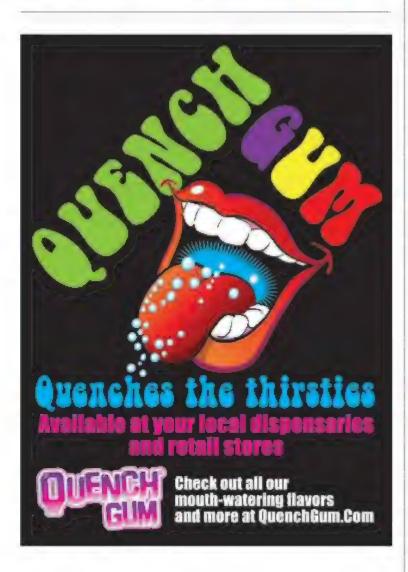
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The New Wave of Solventless Hash

Extraction artists are increasingly using pressure and heat to make dabs as an alternative to solvents like butane. *By Craig Coffey*

use of solvents are all the rage right now—and why not? Masters of the rosin technique are creating world-class dabbable concentrates without

the need for dangerous chemicals. Don't forget, BHO is banned in some otherwise cannabis-friendly locales, like California. Making extracts using pressure and heat instead of solvents can keep you dabbing on the right side of the law.

We've already discussed the Rosin Technique in this space (see the July 2015 issue). This month, we're examining another method

for making solventless dabs: fractional distillation.

Fractional distillation uses vacuum pressure, vapor condensers and precise amounts of heat to break cannabis down into its chemical components. While this technique does require some (relatively pricey) chemistry equipment and general laboratory know-how, it's not as dangerous to experiment with as butane extraction.

Fractional distillation is already a common practice in industrial chemistry, and lots of info about this technique can be found online. For example, it's the same type of chemical distillation that is used to break crude oil down into its base elements.

The extraction rig is made up of a heating mantle with a boiling flask, a condenser and a collection flask. The boiling flask is filled with cannabis and sealed. Pressure in the vessel is lowered, and the heat is slowly and precisely raised. Lowering the atmospheric pressure in the flask also lowers the boiling points of the various cannabinoids and ter-

> penes in the cannabis sample being extracted. Gentle and precise amounts of heat will cause the cannabinoid and terpene compounds to evaporate, each element at its own precise temperature. The vapor runs through the condenser and is gathered in the collection flask. Once the compounds have been separated and collected, they can be recombined to

make a wide variety of very clean and flavorful concentrates.

So why buy all this equipment and go through all this effort? There are several reasons. Since the process breaks cannabis down into its chemical constituents, you can pull very pure samples of THC, CBD and individual terpenes from pretty much any starting material. Fractional distillation can be an excellent source of cannabinoids for edible preparations: The THC produced with this method is flavorless, clear and already decarboxylated, which makes it perfect for cannabis cooking. And finally, it's safer than butane extraction.

Fractional distillation definitely isn't the easiest technique to master, but it's a very promising form of cannabis extraction that will surely evolve and produce a new wave of noteworthy products. *



THC produced with this method is flavorless, clear and already decarboxylated—perfect for cannabis cooking.

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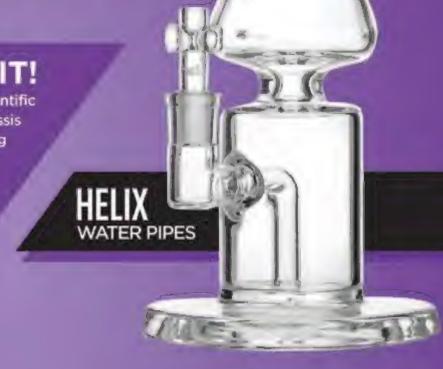
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Witness to History

Decades from now, historians will write that cannabis prohibition in the Americas came to an end in our lifetime.

Allen St. Pierre is executive director of NORML. Visit norml.org.

BOVE AND BELOW the equator, citizens and elected officials are rejecting the long-failed policy of pot prohibition. The recent election of Justin Trudeau as prime minister of Canada might be the most dramatic example of a young politician who ran against prohibition and spoke openly about legalizing cannabis nationwide.

While the US government hasn't cried "Uncle!" yet, 38 states now carry some kind of medical cannabis laws on their books, 16 have decriminalized possession, four have legalized recreational use under tax-and-regulate policies similar to those for alcohol or tobacco, and the District of Columbia has fully depenalized cannabis. In 2016, as many as seven additional states are expected to have legalization initiatives on their ballots for voter approval, including the mighty nation-state of California.

According to Gallup polling, 58 percent of the US public now supports legalizing cannabis. In Mexico, recent court rulings and presidential-level commissions have allowed this once cannabis-intolerant nation to join the league of "reefer reform" in the hemisphere.

In Central America and the Caribbean, Costa Rica, Belize and Jamaica have all



adopted formal decriminalization policies. In South America, Ecuador recently decriminalized cannabis; meanwhile, following a long debate on whether or not to legalize cannabis in Colombia, the parliament chose to legalize medical cannabis and decriminalize home cultivation of up to 20 plants. The Colombian health

ministry will also provide export licenses to countries where cannabis is legal. In time, it's entirely possibly that Canadian consumers may be able to legally purchase and enjoy some old-school Colombian Gold!

Along with Colombia, Bolivia has largely booted DEA operations out of the country and will no longer cooperate with the US-sponsored aerial spraying of drug crops. But the real standout is Uruguay: Its parliament has legalized the production and sale of cannabis products, making it the first country in over 100 years to have national cannabis legalization. (As progressive and longstanding as the Netherlands' coffeeshop system is, cannabis sales aren't officially legal in the country, only highly tolerated.)

Chile's parliament legalized medical cannabis in December, and according to news reports, the country currently has South America's largest crop of legal cannabis under cultivation in the town of Colbun, where 7,000 cannabis plants are being grown to benefit more than 4,000 qualified patients.

In time, Europe, Africa, Asia and Australia will look to the Americas and take a leaf from their cannabis-law book. At long last, real change is at hand! *

FREEDOM FIGHTER

By Kevin Mahmalji, NORML national outreach coordinator

Person of Interest

Advocacy never sleeps for a Rocky Mountain activist.

Jordan Person had worked as a licensed nurse for 15 years and a massage therapist for 10 when she began to experience chronic abdominal pain. After a series of tests, a tumor was discovered on her liver, which was causing her gall blabber to stop functioning. With no other option, Jordan underwent several surgeries. A long and painful recovery followed.

After months of taking prescription drugs and enduring their side effects. Jordan sought out alternatives. In 2010, she moved to Colorado to take advantage of the state's legal medical marijuana program. She found relief in cannabis, and her quality of life improved.

Following her recovery, she began attending Denver City Council meetings when the topic of legalization was being debated. She provided written and public

testimony in support of marijuana-law reform bills and helped to organize activist efforts. In time, she was offered a job at a local dispensary, where she expanded

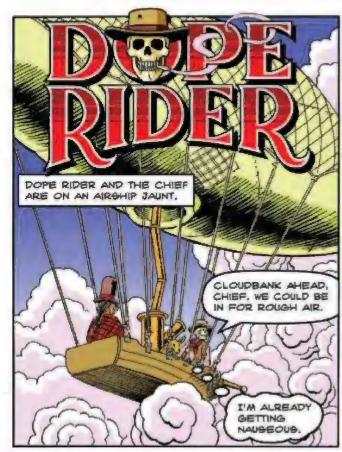
her knowledge of the plant and immersed herself in the patient's perspective.

Jordan's advocacy only increased as a result. She formed Denver NORML to foster a more robust conversation in the city following legalization. In a few

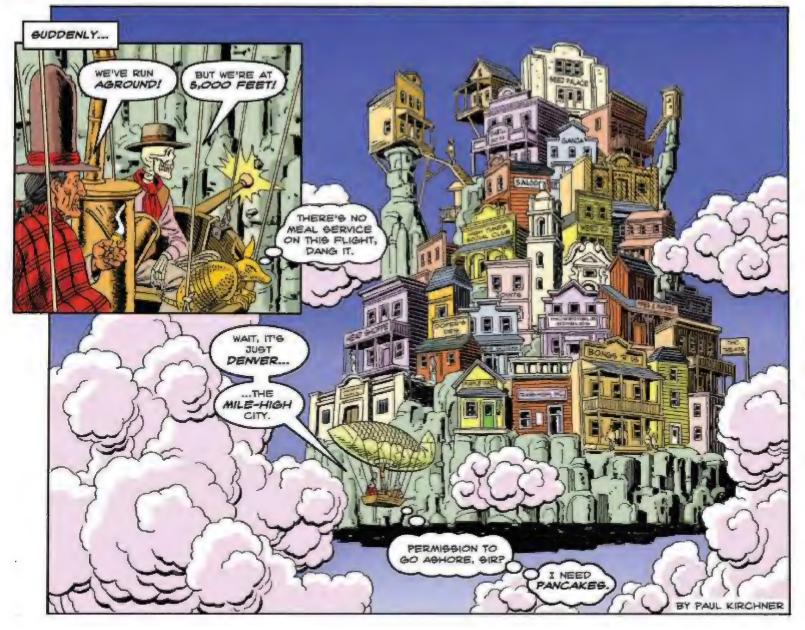
short months, Jordan and her team have become a visible force in the cannabis-law reform community meeting with politicians, attending NORML's 2015 Legislative Fly-In in DC, and joining activists nationwide to lobby Congress in support of promarijuana legislation like the CAR-ERS Act and the Regulate Marijuana Like Alcohol Act.

"By focusing on social use, increasing access to legal marijuana and educating consumers," Jordan says, "we'll truly see the normalization of marijuana in America."











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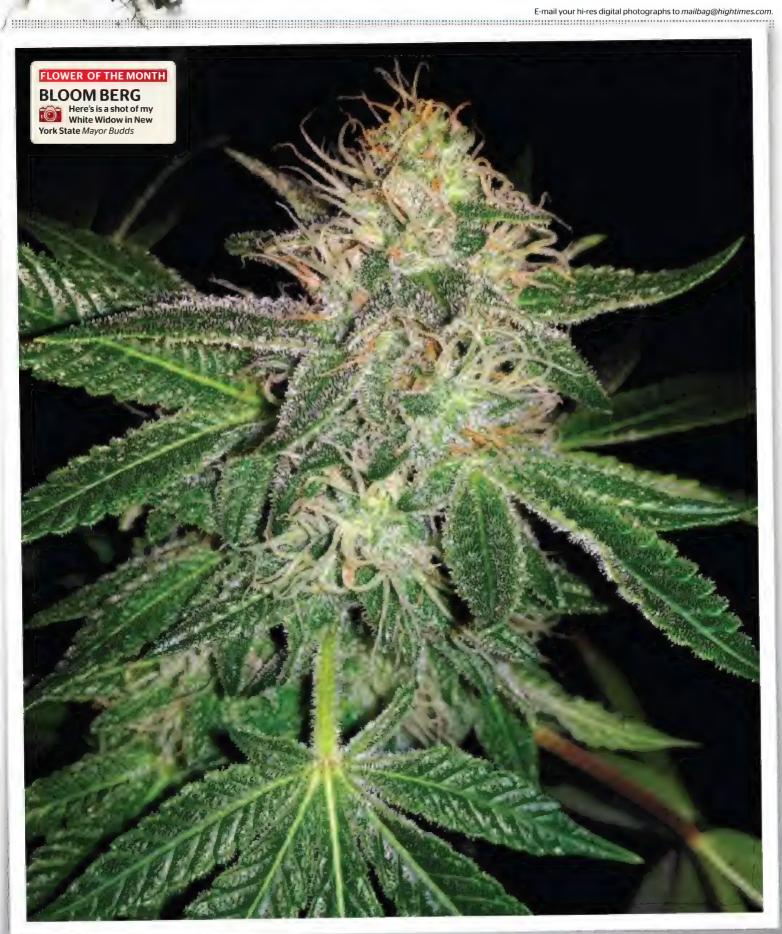
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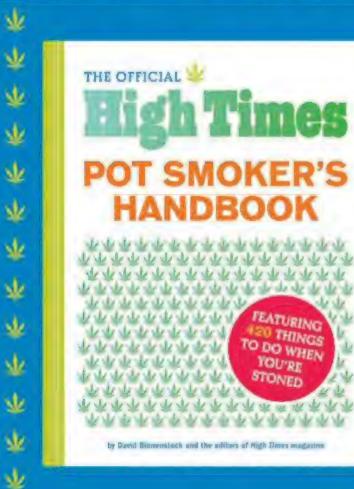


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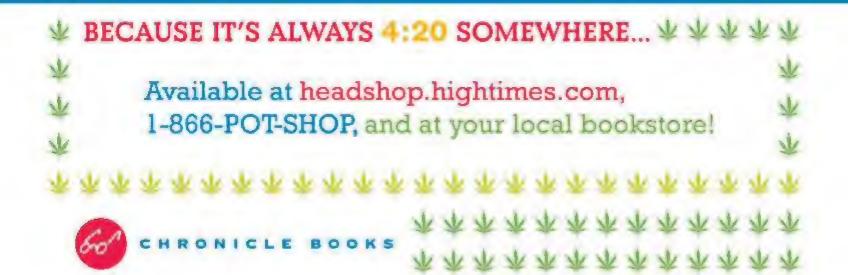
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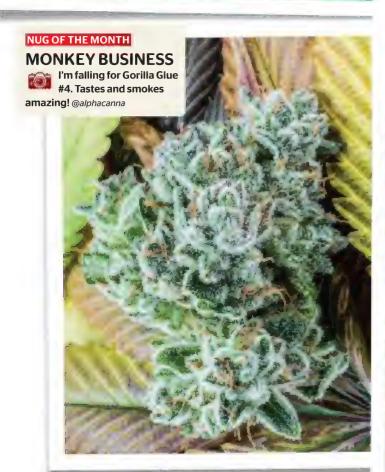
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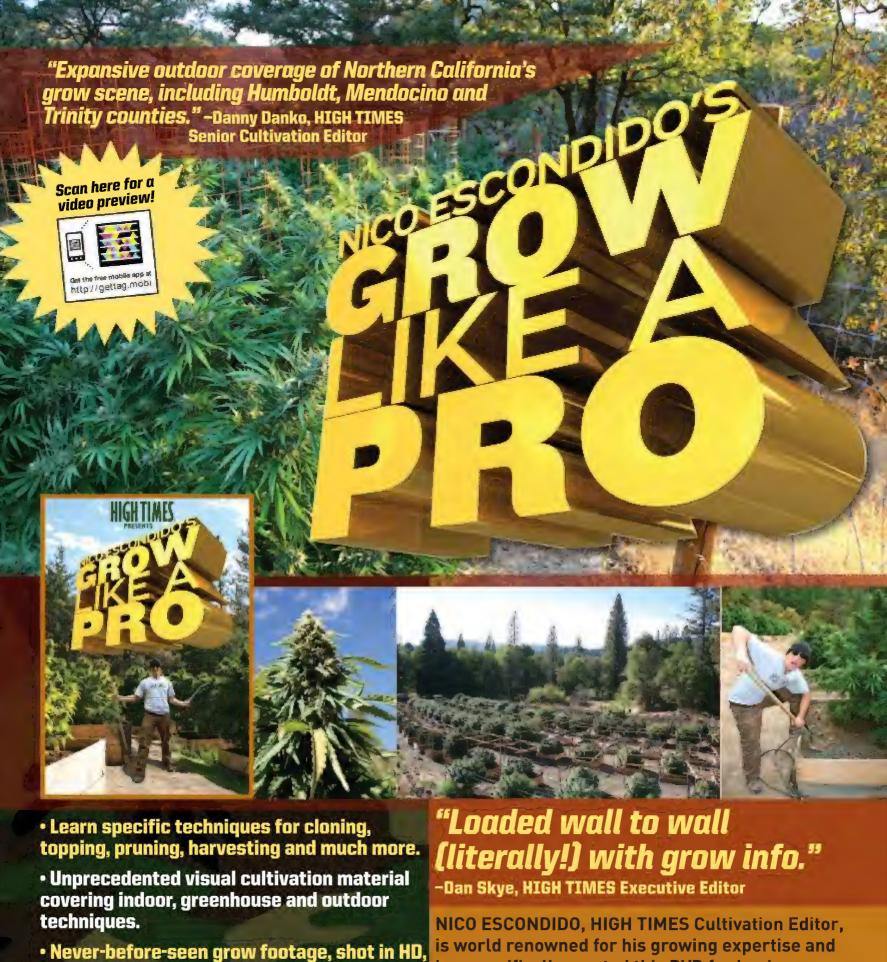
The strain is an old-school Lemon cross and it's her last night under the stars in







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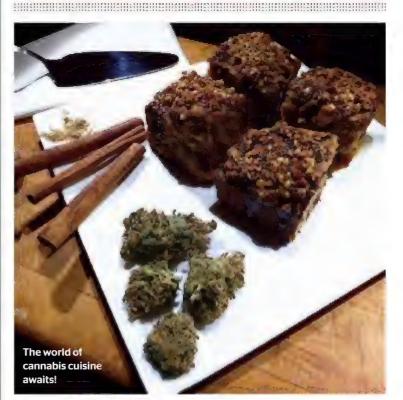
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HIGH TIMES



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Get lit with the breakout star of VICELAND's new show, Fuck That's Delicious! Rapper Action Bronson reveals his luxe life of touring the world, dabbing, cursing, cooking and eating at some of the world's finest restaurants.

High on Fat

In order to make a potent cannabis infusion, you need to simmer your ganja in some type of fat. But what fat works the best? By infusing the same type of cannabis into five different types of fats and having the results lab-tested, we determine whether bacon fat, butter, coconut, olive or avocado oils absorb the most THC. You're going to want to see the results of this experiment!

Cloning the Trichome Technologies Way

Plants rooted from cuttings are the preferred method of propagation for most growers. But successful cloning isn't always so easy. In an excerpt from his new book Marijuana Horticulture Fundamentals, K of Trichome Technologies teaches the key elements to accomplishing healthy rooted clones every time.

Arizona Highway

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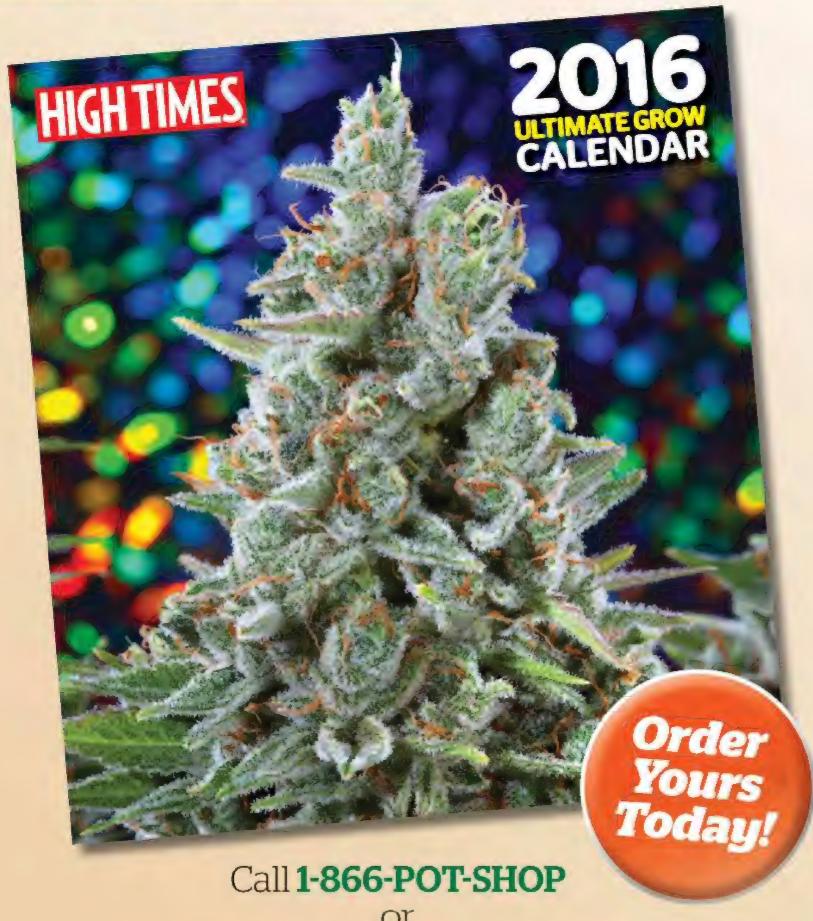
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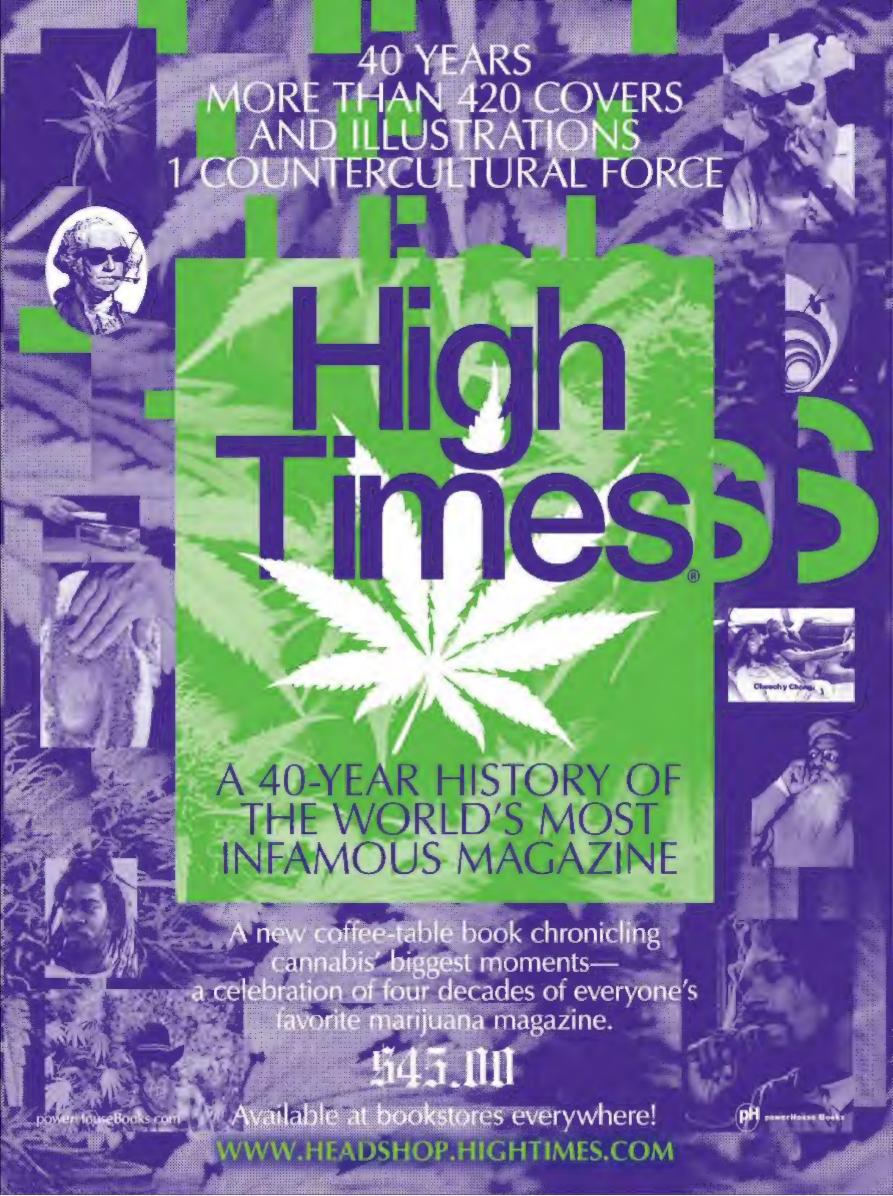
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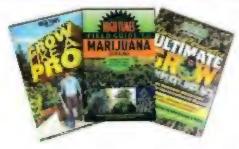








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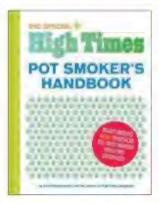
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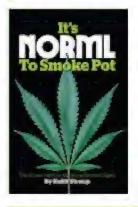
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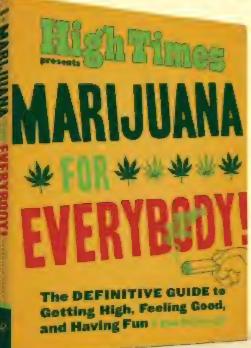
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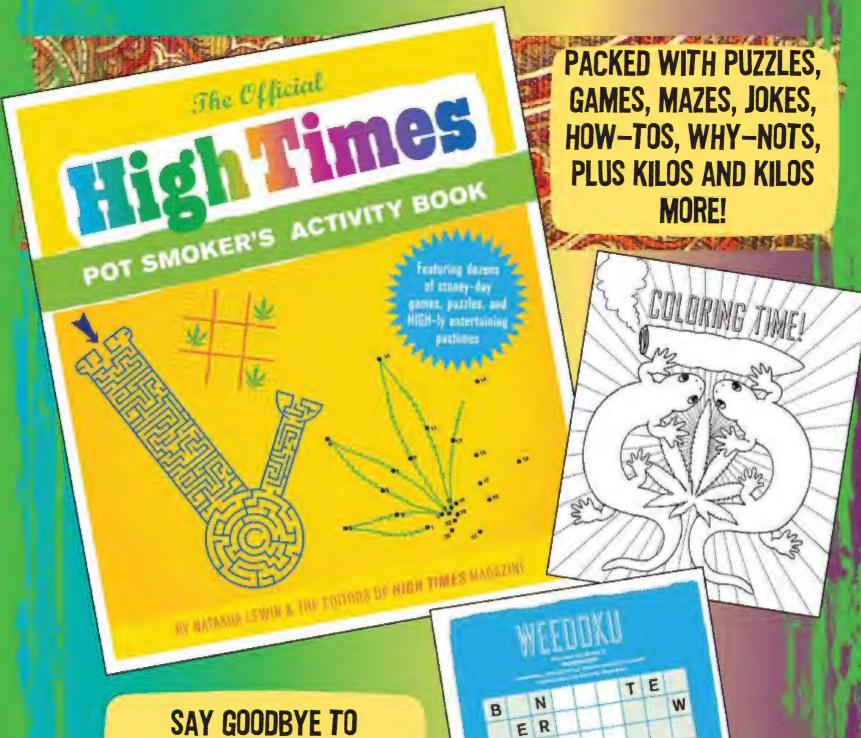
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